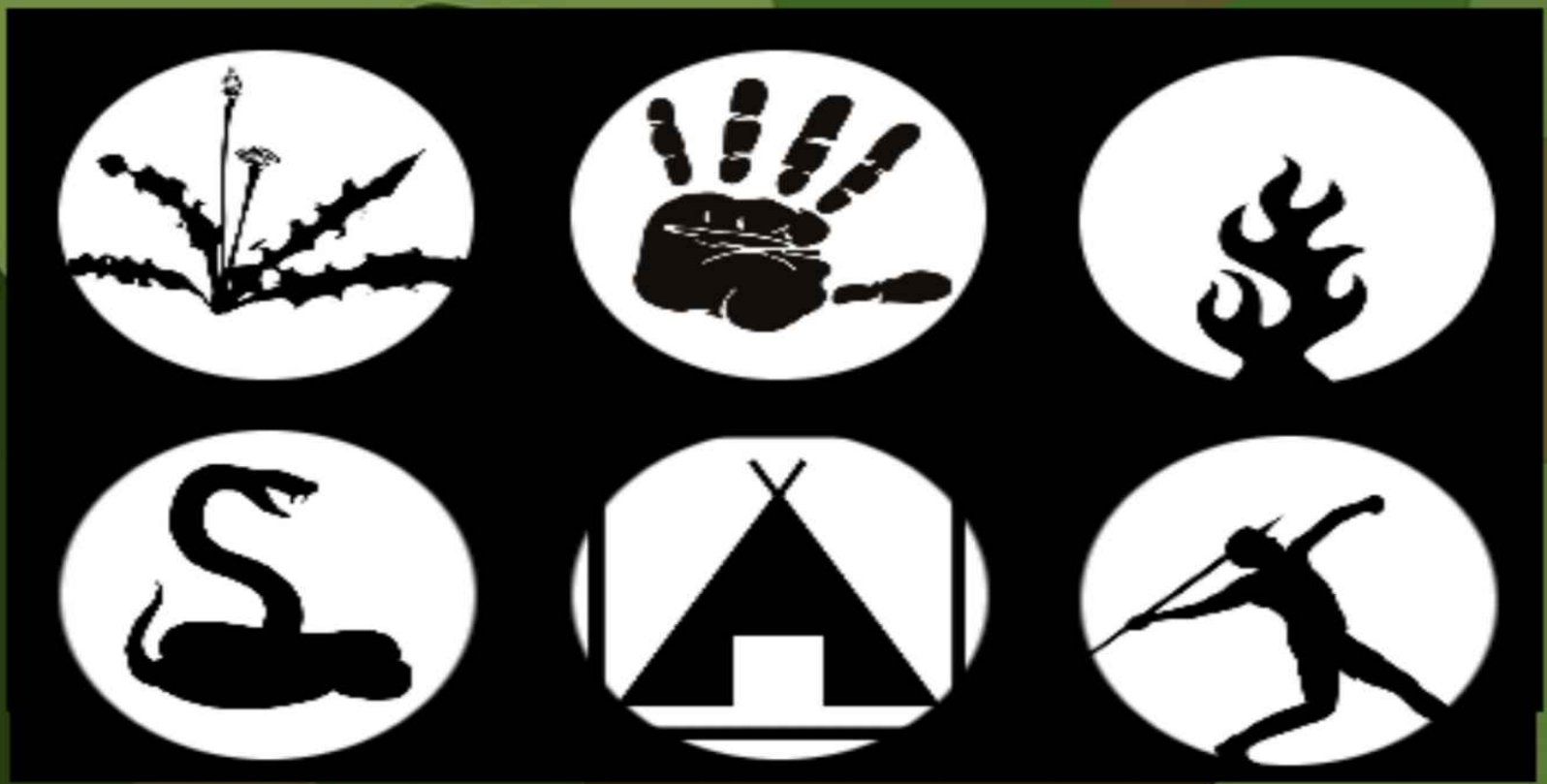
Micah Coulter

THE BAREHANDED SURVIVAL GUIDE



Disclaimer

I the author am here by not responsible and I am completely exempt of any injury, property damage, or loss of life that may occur to any individual or living being using the information in this book. How you use this information is your responsibility. This book is to be used as a reference and cannot guarantee your survival, that responsibility is up to you. It was written in an attempt to help save lives of those that are in a survival scenario. This guide is not a means to discourage you from taking survival gear with you into the woodlands and wilderness. It was created as a means of accommodating someone without any survival gear in the wilderness. This guide is for informational purposes.

There are quoted sections about plants from the "U.S. Army Field manual 21-76" that does not violate copyright law due to being both a government document (therefore not subject to copyright laws) and declared outdated and under public domain. The quoted sections are sourced, and I openly state here and now that the quoted sections are not my intellectual property.

The quotations of the FM 21-76 were to ensure the safety of the reader in a survival scenario as I am not a complete expert in wild edibles. The safety of my readers is my utmost priority. This guide may not be applicable in all geographical locations.

Necessities

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WILD EDIBLES:

- Alfalfa (Medicago Sativa)
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- Asparagus (Asparagus Officinalis)
- Beech Nut (Fagus Grandifolia)
- Blackberries (Rubus Fruticosus)
- Blueberries (Vaccinium Corymbosum)
- Broadleaf plantain (Plantago Major)
- Bull Thistle (Cirsium Vulgare)
- Burdock (Arctium Lappa)
- Cactus, Prickly Pear (Opuntia Humifusa)
- Cattail (Typha)
- Chicory (Cichorium intybus)
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- Clover, Red (Trifolium Pratense)
- Common Sow thistle (Sonchus oleraceus)
- Creeping Charlie (Glechoma hederacea)
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- Dandelion (Taraxacum Officinale)
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- Fireweed (Chamerion angustifolium)
- Herb Robert (Geranium Robertianum)
- Joe Pye Weed (Eupatorium purpureum)

- Lamb’s Quarters (Chenopodium Album)
- Mallow (Malva Neglecta)
- Nettle, Stinging (Urtica dioica)
- Oak, White (Quercus Alba)
- Pineapple weed (Matricaria Matricarioides)
- Plantain, Rugel’s (Plantago Rugelii)
- Purslane (Portulaca oleracea)
- Sassafras
- Sheep Sorrel (Rumex acetosella)
- Thistle, Milk (Silybum marianum)
- Thistle, Sow (Sonchus arvensis)
- Toothwort, Broadleaved (Dentaria diphylla)
- Walnut, Black
- Watercress (Nasturtium officinale)
- Wild Garlic (Allium vineale)
- Wood Sorrel (Oxalis stricta)

THINK LIKE A CAVEMAN

Introduction

This guide was written with the intention of being a lightweight survival guide. The goal in mind is to not overwhelm you with a ton of useless information that is not applicable to you or your current environment. The guide was designed to be carried along with you by being lightweight, small, and informative. I've tried to keep the information concise, to the point and easily available. You should have no problems memorizing what you find in this guide. You should know however that reading can only take you so far and actually applying the skills is more important. While some methods mentioned may still be applicable in European countries and other forested areas, it is not meant for jungle environments of South America, it is not meant for any oceanic environment.
This is a basic guide, the intention not being too over-complicated in helping you in a survival scenario. All too often you see survival books filled with the elaborate traps and other nonsense that looks good on paper, yet it just isn't as effective as it could be.

"Barehanded survival?"

The benefits of barehanded survival, relies heavily on the lack of equipment. Most survival guides already assume that you have a knife or some container to boil water in or maybe a tarp. These things are great to have while outdoors, yet you don't always have these things on you. Sometimes you left all that gear in a backpack sitting in your vehicle 3 miles away from where you got lost. Sometimes your knife breaks and you're left barehanded. Maybe at the time it was too cumbersome to take the equipment with you, or maybe you were just out walking in the woods and you saw this huge deer and you decided to track and see where it went. Before you knew it night fell, and you're now lost in the woods.
To be barehanded is to be without the proper equipment, and so you must make do with the only tools you have on you, and your own bare hands.
It is important to always carry a knife when out in the wilds of North America. A knife can serve so many useful purposes, yet you should still be able to do without if you lose it. Knives can be replaced by other natural materials found around you. They may not be as finely polished as a steel blade, still a jagged piece of rock can easily get the job done just as well. Too much emphasis on being overloaded with gear is a commonplace theme in most other survival manuals. I am not condemning the use of gear in wilderness training, just NOT knowing how to make do without that gear is a very dangerous mentality. This book is here to teach you how to make do in case all the sh*t finally hit the fan, and you're without your trusty blade in the backcountry. Most survival scenarios only last around one day to two weeks usually. There have been some accounts where there have been much longer lengths of time. This book will assume you're going to be lost for at least a couple weeks. Knowledge is the lightest gear you can carry.
I'm just tired of all these survival wannabes who go out in the woods with enough gear on their back for a camping trip. It's not realistic. There's a big difference between "survival" and "playing with gear in the woods".

Let's go ahead and jump right into being lost in the woods without a knife, shall we?

SHELTER

Shelter in the wild is just as important as it is anywhere else in the world. A well-constructed shelter can provide you both a morale boost and protection from the elements. It serves a greater purpose at also protecting you from environmental threats such as predators, sun exposure, and frigid temperatures such as ice and snow. They're very different types of shelters out there, You can create a shelter out nearly anything around you. So long as you have an imagination anything can be used to make a shelter. We can consider what would be used as shelter, your body and your clothing is a form of shelter. Your body shelters your vital organs from the outside world, your clothes shelter your body from the elements.

Clothing in the wild is just as vital as shelter. In the right conditions the human body can be dead within mere minutes without proper clothing. This is why this guide does not recommend destroying any articles of clothing in a survival scenario.
Only destroy clothing if your life depends on it.

When building a Shelter:

"MOST SHELTERS CAN BE MADE BY LEANING STICKS ON A STURDY BASE AND PILING DEBRIS."

Do NOT build at the bottom of any hill as your shelter can become soaked from rain flowing down the hill.

Do NOT build a shelter near any standing dead trees. A wind could easily come up and cause the tree to topple onto you.

Make sure the area is free of insects such as spiders and scorpions, reptiles such as snakes and lizards, poisonous plants such as poison ivy or nettle, and there are no nearby signs of reptile activity, such as a snake's shed skin.

Avoid areas such as: Rockslide or Avalanche areas in mountainous terrain. Sites near bodies of water, as mosquitos, and dangerous flooding could occur. Water snakes, alligators, and crocodiles could be in or nearby the water. Flash flood sites near the bases of foothills.

Basic Shelter

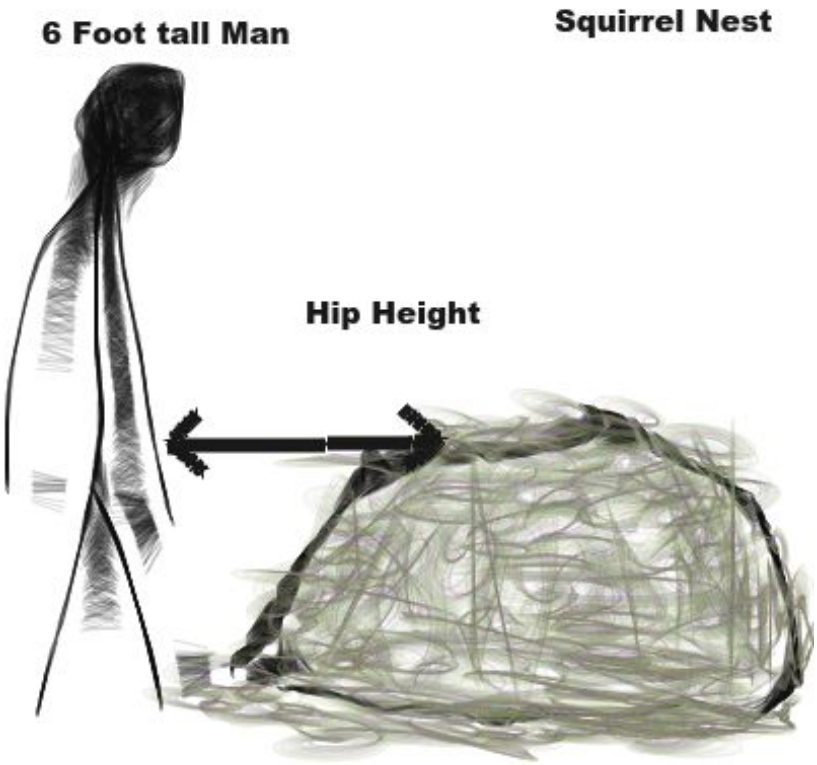
- Formations in the ground, such as holes. Dense overgrown bushes, caves, rock wall indentations, and fallen trees.
  Anything that provides a windbreak, is somewhat resistant to water, and doesn't expose you directly to the sun is considered a shelter.
- It is important to look for a basic shelter instead of building one of your own straight away rather than expending extra calories and precious time building one.

  Basic shelter can be easily procured by simply paying attention to the area around you.
  It is easier to find shelter than it is to build it. Natural shelters have the benefit of them already being there. You do have to worry about other animals living in them as well. Nothing could be worse than walking into a cave and intruding Upon A hibernating bear. There could also be other animals in the cave such as bats which could potentially carry rabies so you do have to be careful of that. Snakes, rodents, and several other different types of small mammals could also be nestled inside of any rock alcoves or caves. Just be cautious upon investigating any potential shelter. Do NOT take shelter where there has been a lot of rodent activity, you can be exposed to very nasty diseases and parasites.

- Squirrel Nest

The simplest possible shelter you can build is called a "Squirrel Nest" and it takes nothing more than you picking up all the dead leaves in your area and piling them into a large pile. You will need the pile to be big enough to cover you in the fetal position. The height of the squirrel nest will have to be at least 3 feet thick (Just near hip height).
Once the pile of leaves is constructed, carefully crawl into the pile, and cover all of your body, being careful as you cover your head not to have your eyes open.
The squirrel nest is one of the easiest shelters you can make, and can be protected by the wind by either constructing the nest near a large windbreak, or laying branches on the squirrel nest itself.
Nesting is great for those who need a safe shelter and a way to keep warm in the night, works best for deciduous areas. In areas where there is no leaves and debris lying around, you may utilise grass or other non-poisonous foliage.
Squirrel nests are not a great rainproof shelter, and they will not protect you from predators. Be prepared to have the occasional "creepy crawly" crawl on you from time to time.
That's just the cost of cheap housing, both in survival and society.

- **DO NOT BUILD A SQUIRREL NEST NEAR FIRE**



A-Frame

You can build an A-frame Shelter by making a tripod and short stakes on either side of it and A long ridge formed by placing the long ridge pole on top of a sturdy base, which can be anchored in the crotch of a tree. The A-frame shelter is the greatest shelter for warmth and ease of construction. In a little over three hours you can construct a completely waterproof and windproof shelter.

1. **A sturdy base can be a fallen tree, a large Rock, the crotch of a tree trunk, anything at waist-high.**

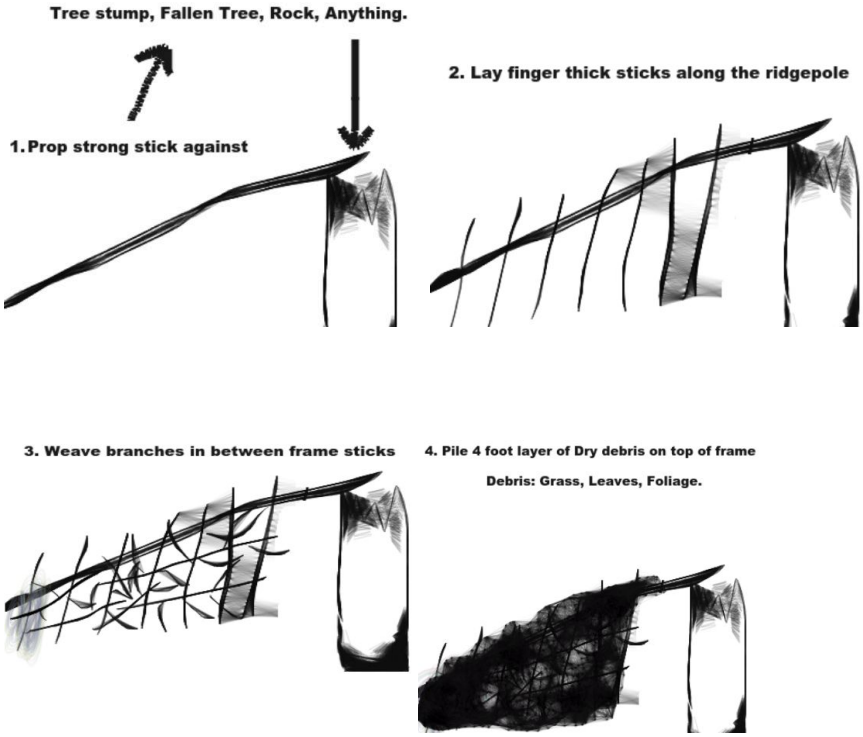
   The ridgepole must be slightly longer than you are tall.

2. Simply prop large sticks along both sides of the ridge-pole once you have placed the ridgepole on a sturdy base.
You can use the tripod method as shown in the figures or anchor it to a tree about waist-high. There's several different ways to construct an A-frame shelter your imagination and creativity is the key in Construction.

3. Place fine sticks and brush crosswise on the framework that way these form lattice work which will keep all the insulating material in place. This also keeps debris from falling through the skeletal frame and on to you or into the sleeping area.
Make sure that the debris you cover the outside of the skeletal frame with is light and dry if it all possible.
4. **Be sure and add insulating material at least four feet thick on the outside of the frame.**
Place at least a 2 foot layer of dry leaves, grass, or other debris on the inside in the sleeping area.
5. You will need to cover the outside of the debris hut with at least four feet of material.
6. Once you have completed the layer of debris on the outside of the frame, lay large

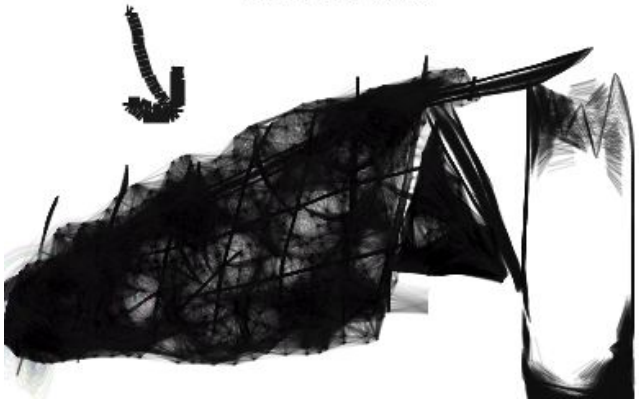
sticks on either side across the debris to secure it from the wind.
At the entrance of the shelter pile insulating material which can be leaves, grass, and anything that you covered the outside of the debris hut with.
Once you climb inside of the debris hut, **pull the insulating material from the outside and close off the entrance.**

As a final step in constructing the shelter you can: **add branches on top of the debris to prevent the insulating material from getting blown away from the wind.**


Tree stump, Fallen Tree, Rock, Anything.
1. Prop strong stick against
2. Lay finger thick sticks along the ridgepole
3. Weave branches in between frame sticks
4. Pile 4 foot layer of Dry debris on top of frame
Debris: Grass, Leaves, Foliage.

Completed.

Lay large sticks across debris to secure it from the wind



Tools and Weapons

You're without a knife, so how do you make a new one? Simple. Go find a hand sized rock, and throw it against another rock until it busts into a bunch of pieces. It's not "rock-et" science. **Be careful not to injure yourself with flying chunks of stone debris.** You don't have to be a pro flintknapper to craft a workable blade, just smash a stone and grab the sharpest piece you can find. It's best to throw rocks against other larger rocks to bust them up effectively.
You will have to try with different types of rocks to find which rock in your area is best for cutting and maintaining an edge. Flint and obsidian are the desirable rock, however those aren't always easiest to find. So get out there, use any rock you find until you have a sharp edge, and work with what you got!

Regardless of your need, the proper tool can be easily constructed from materials around you. You can find a decent blade laying around nearly anywhere there is stone if you look diligently enough. If you fail to find something to cut with, then resort to throwing stones against each other until they break.

It's the smaller and thinner shards of rock that make the best cutting tools so keep your eyes out for them.

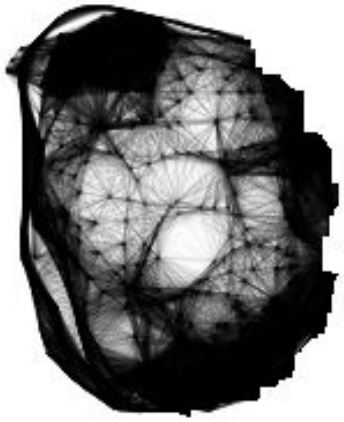
You can fashion several different tools out of stone alone, from crude knives, to handaxes, to functional hatchets. A survivor need not worry about needing to know how to make an arrowhead. This is the modern world, and we are no longer in the stone age. Ancient man went thousands of years without proper stone knapping technique, *and so can you.*

In this section, we'll go over the basic survival tools and weapons that you can craft and use to protect yourself and aid you in getting out of the situation you are in.
Rember, use common sense, because what we are about to craft is going to be dangerous. You could get hurt, and you'll have nobody to blame but yourself if you're not cautious.

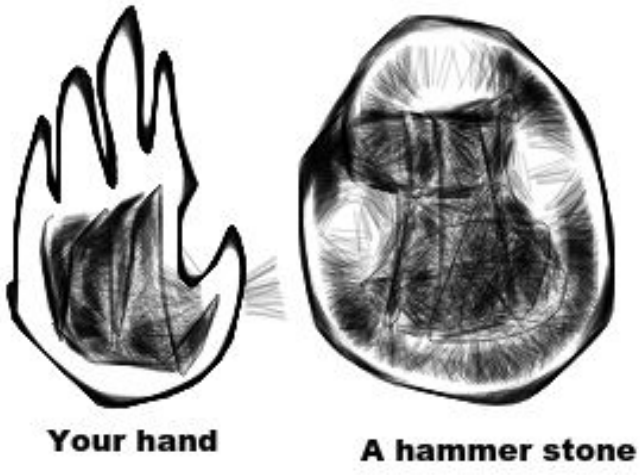
The Caveman Multitool

The rock is as old as the earth itself. With it, ancient man built empires and survived in nearly all climates. Without the humble stone, we would be extinct by now. A rock isn't just a rock, but a multitool. There are so many different tools you can craft from just a simple stone that it is nearly impossible to define them all. Here, I've listed all the basic functions that a rock can serve as, and they are very simple to make:

Scraper



Scrapers are palm sized or smaller rocks that you designate to use in the process of "scraping" or "bark removal". A stone that will be used to rub against the bark of sticks in order to scrape off the bark. Scrapers are always blunt on one side, allowing you to hold on to it safely, and have a thicker bladed edge that can withstand more abuse. You'll want to keep your delicate and thinner edged rocks for lighter cutting tasks. This is why it's important for them to not have a thin edge. Scrapers are used in scraping loose meat off of animal hide, and can help to fashion a finer point on the end of your spear as well.



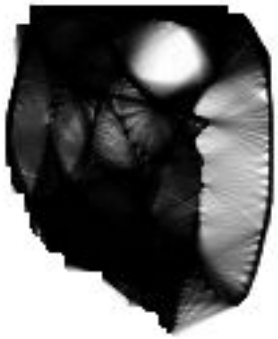
Hammerstones are rocks slightly bigger than your hand, and they serve the purpose of "hammering". They can be used to break small sticks, "blunt" other edged rocks, hammer stakes in the ground, and smash nuts and other hard objects. Your hammerstone can be used for a wide variety of tasks, and can function like a handheld hammer, minus the ability to pry nails with it. You'll find all sorts of inanimate objects just asking to be struck with a large rock. *OOG!*

Hammerstones also double as a rock breaking tool. Pick up the stone you wish to break, and smash your hammerstone against it with sharp and repeated blows. **Do NOT** hold the rocks near your face as you do this. Shards of sharp rock will fragment and potentially get in your eyes. There is no if or maybe to busting rocks, **you will** be hit by shards. A method I use when breaking rocks in my hand with a hammerstone is that I close my eyes right before the hammerstone makes contact with the other rock, and don't open them until after impact. Only try this if your life depends on it. I'm not responsible for your own injuries.

Blade

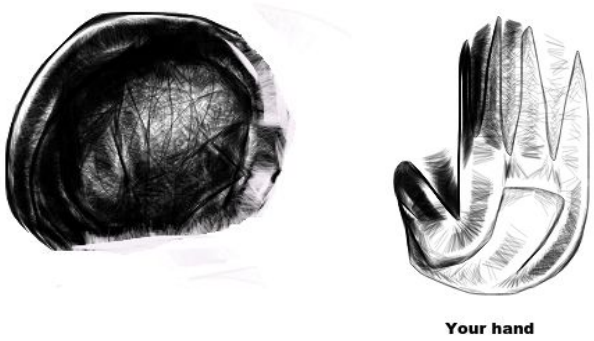
side view

front view



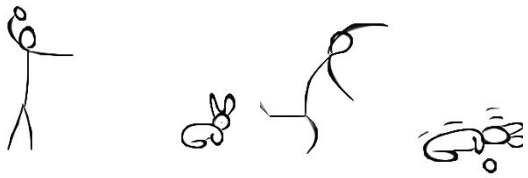
Blades are not like today's knives with modern handles. Our ancestors of long ago held the blade in their hand, usually pinched between thumb a forefinger. You can fashion a knife by simply picking up any sharp edged piece of stone. If all sides of the rock are sharp, consider blunting an edge so that you can safely hold it in your hand without being cut.
To "blunt" an edge, firmly tap the blade directly against another stone or your hammerstone, until the edge is blunted.
This crude blade can provide multiple uses, from scraping sticks free of bark to butchering game and cutting rope. You'll need to carry a few back up stones, just in case yours breaks, still they are versatile and work in a pinch. They are usually fragile, so they are best used in light cutting, rather than scraping. Blades are generally very small and no bigger than a big toe.

Hand-Axe

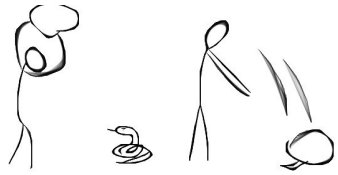


Your hand

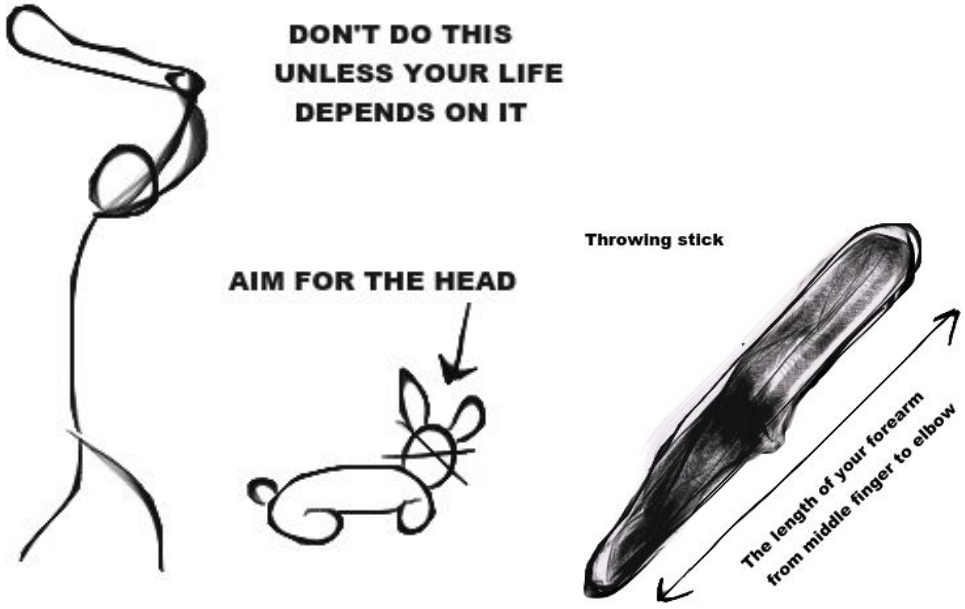
Choppers are rocks about the size of hammerstones. They generally have a thick and jagged edge on one end and are blunt everywhere else. They can be fashioned out of any hand sized rock or larger, as long as you can safely handle it.
You hold the rock in both hands and strike the edge of the axe against your intended target. Hand-axes are used to chop down small trees, saplings, hack sticks, break open bones for the marrow, help process game and a wide variety of uses that an axe could be needed for. The hand-axe is somewhat uncomfortable to use because your hand feels each blow, and you will get blisters from using it; it's effective nonetheless. You can fashion an axe head by rubbing your chosen stone against another with firm pressure. This method will take over sixteen hours or more. Better to just bust an end onto it with a hammerstone.



Hunting with rocks is also a practice as old as mankind. They can be used as thrown projectiles and with the right skill and placement, a rock can dispatch very small animals such as rodents, birds, squirrels, snakes, chipmunks and rabbits. They can be used as a painful deterrent against larger animals, such as bears and cougars. Rocks are abundant in most locations and can be the very first type of weapon you have available, next to sticks. The larger the rock, the bigger the animal you can take. Stones that require two hands and large stones can effectively dispatch game up to medium size if thrown with enough strength.

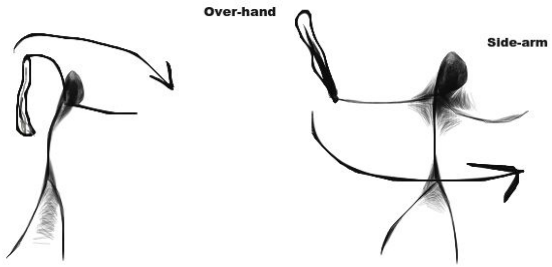


Sticks are as versatile as rocks, and can be used for a variety of tasks. You can fashion some very reliable tools from simply using sticks. I will not go into great depth of every single possibility, however we will cover the most basic and simple stick made tools that our ancestors used for thousands of years. Your imagination is key in what all your stick can do. A stick can help you reach fruit that is high up in a tree.
A stick can help you pry a large rock to see what is underneath, a stick can even be a walking aid, or a makeshift weapon if need be. A stick is a very handy thing to have in the wild. The freshly cut sticks are more dependable than the dead ones lying about in the wild. Always try to obtain a fresh green stick if it's the tool you need.



Throwing stick

Throwing sticks are a piece of stout and undecayed wood, the length from the tip of your middle finger to the tip of your elbow. They rotate in flight but do not come back like a boomerang does. The best diameter for a good "rabbit stick" as they are often referred to, as no bigger around at one end than your wrist. They become quite unwieldy and hard to throw if bigger than that. Rabbit sticks can be thrown in both over hand and side arm throws. They can serve as makeshift clubs, able to dispatch small game, and deter larger threats with hard blows to the noggin. You can make a throwing stick very easily, by just picking up a large stick from the environment around you, and cutting it to length. It can be a fresh piece of wood, or a dead piece, fresh is best. Throwing sticks are thrown at their target, and can stun and kill rabbits quite easily, hence the name. Generally if it's smaller than a rabbit, a throwing stick can dispatch it with ease. If used as a club, a throwing stick is able to take game as large as possums. When throwing or striking with a rabbit stick, your aim is for the head to try and ensure a clean and quick kill so as not to prolong an animal's suffering. Ironwood works best for clubs.



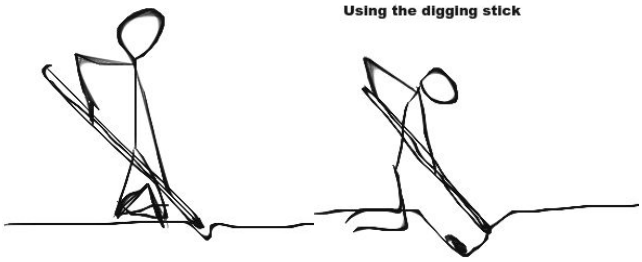
Overhand throws are better for wooded or thick brushed areas, where a horizontal throw would not be able to pass without being caught on tree branches, striking dense vegetation or hitting trees. Overhand throws require a precise aim, yet still allows you to get a throw at your target.
Sidearm throws are best for open areas, and are generally more forgiving if you don't have great aim. This throw causes the rabbit stick to cover a wider area during flight and is commonly the throw used to take rabbits.

Clubbing is the act of bludgeoning with the rabbit stick and delivering blunt force trauma to dispatch prey. It should be done with as much force as possible to ensure a humane kill. You cannot "kill something gently" and any hesitation will prolong the poor animal's suffering. Aim for the prey's head, and swing as hard as you can.

Digging Sticks

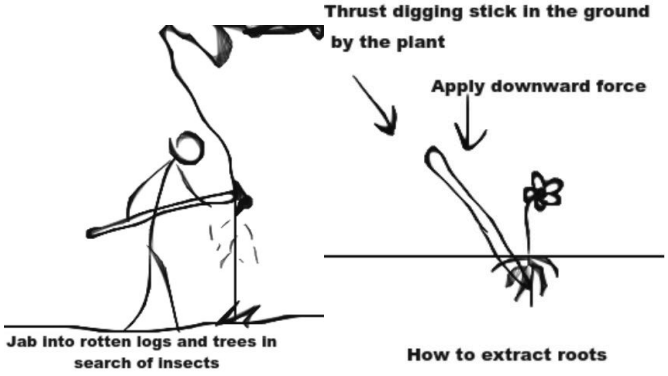
are versatile sticks that do everything your spear shaft could do, and probably shouldn't as it could risk breaking your spear. A digging stick is generally a freshly cut stick the length of your arm, and sharpened at a point on one end. The end is then "fire hardened" and the outer bark is either peeled off with a scraper or smoothed by rubbing the stick with a rough stone. The smoother the digging stick the less likely to cause blisters.

The digging stick is used to extract the roots and tubers of plants, dig for water, dig holes, pry rocks up in search of food, and for prying in general. The digging stick is the survivor's best friend, as it allows you to do a wide variety of tasks. It's not unlike a shovel, and yet any loose dirt broken up with the digging stick will still have to be extracted by hand. To use the digging stick, one simply crouches on both knees, and securing the digging stick in both hands, begins thrusting it into the ground to loosen the dirt.

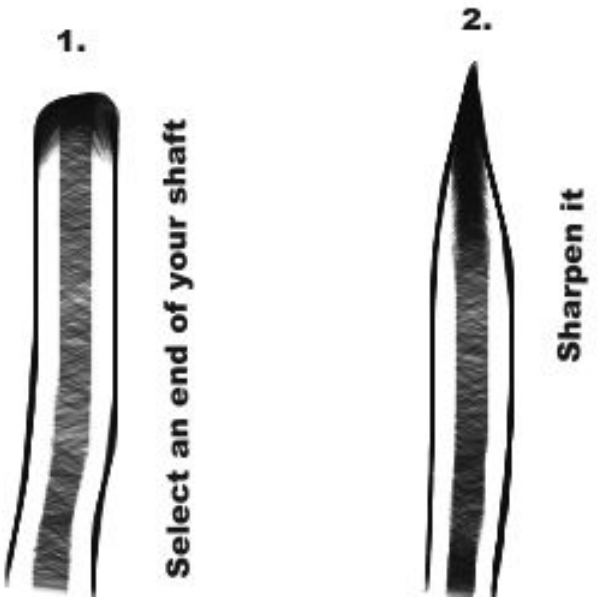


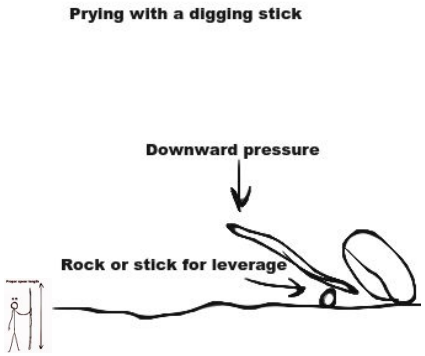
Digging Stick

Using a digging stick to pry allows you to get to the roots and tubers of wild edible plants. It also allows you to check under fallen logs and rocks for edible insects, which is a main source of food for a survivor. The digging stick is best made of green wood, so that it does not snap under the pressure of prying. You should not ever attempt to pry rocks or trees that are incredibly large, as they can roll and injure you.


Thrust digging stick in the ground by the plant
Apply downward force
Jab into rotten logs and trees in search of insects
How to extract roots

Make a spear





Defense sticks

allow you to defend yourself from predators that got past your spear tip or when prone, and are basically made in the same method for spears, and act as handheld daggers. Made by using a 30cm (12”) piece of green hardwood with the diameter of your thumb, sharpen the tip to a fine point and fire harden it. Should be carried with you on your person. Be cautious how you carry it as you could fall on it. Best kept in a makeshift holster or somewhere safe on your person that allows easy access but you won’t injure yourself.

Spears

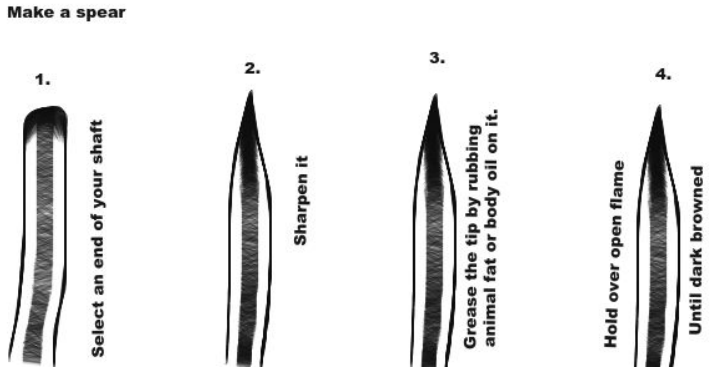
are man's oldest weapons next to clubs and rocks. They are a formidable weapon in the hands of even amateurs as anything beyond the tip of the spear easily gets the "point" that you don't want to be messed with. A spear is easy to craft, and it is one of the very first things you should make should you find yourself in a 'lost in the woods' scenario. A spear can be fashioned very easily by simply cutting a sapling and sharpening one end of the staff. It wouldn't be as effective as a properly made spear; yet it can be made in only a matter of a few minutes.

-**Any sapling you decide to cut for a spear, should be as thick as broom handle or thicker.**

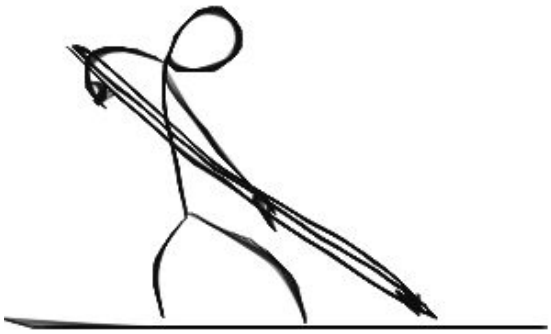
-The length of the spear should be your height and a half. The tip should well protrude above your head.
DO NOT use short spears, as they are dangerous and risk injuring you by falling onto it. Your spear should be your height at the very least, and your height and a half foot above your head for the best length.

To make a spear, select an end of your sapling that you want to make the pointed end. You can obtain a point without an actual knife by chopping with a stone hand-axe, using a scraper stone, cutting it with a rock, or rubbing the stick against a rough surface such as a rock.

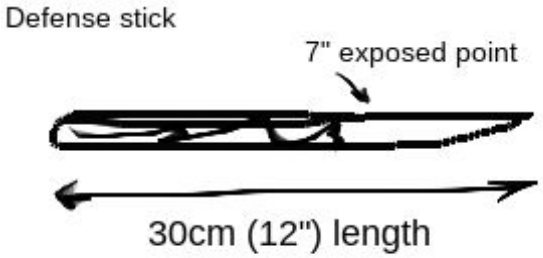
The first 12 inches of your spear at the pointed end should be free of bark, for easier penetration. Basically you're done at this point. You now have a functional weapon capable of killing large game, and protecting you from predators.



Stab and back away yelling loudly

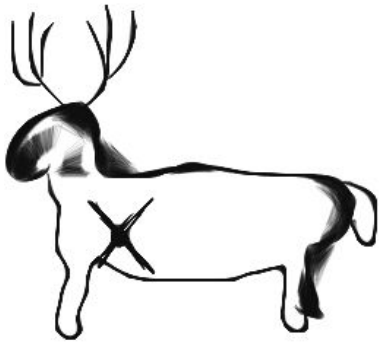


Be loud, be aggressive.



When using a spear or defense stick defensively, you should stab at the aggressor's face, eyes, throat and shoulders. Whatever is exposed to you. Scream loudly, and avoid eye contact. You are not trying to challenge the beast, you are simply showing you are not prey. If outnumbered, do not let them get behind you; put your back to something.

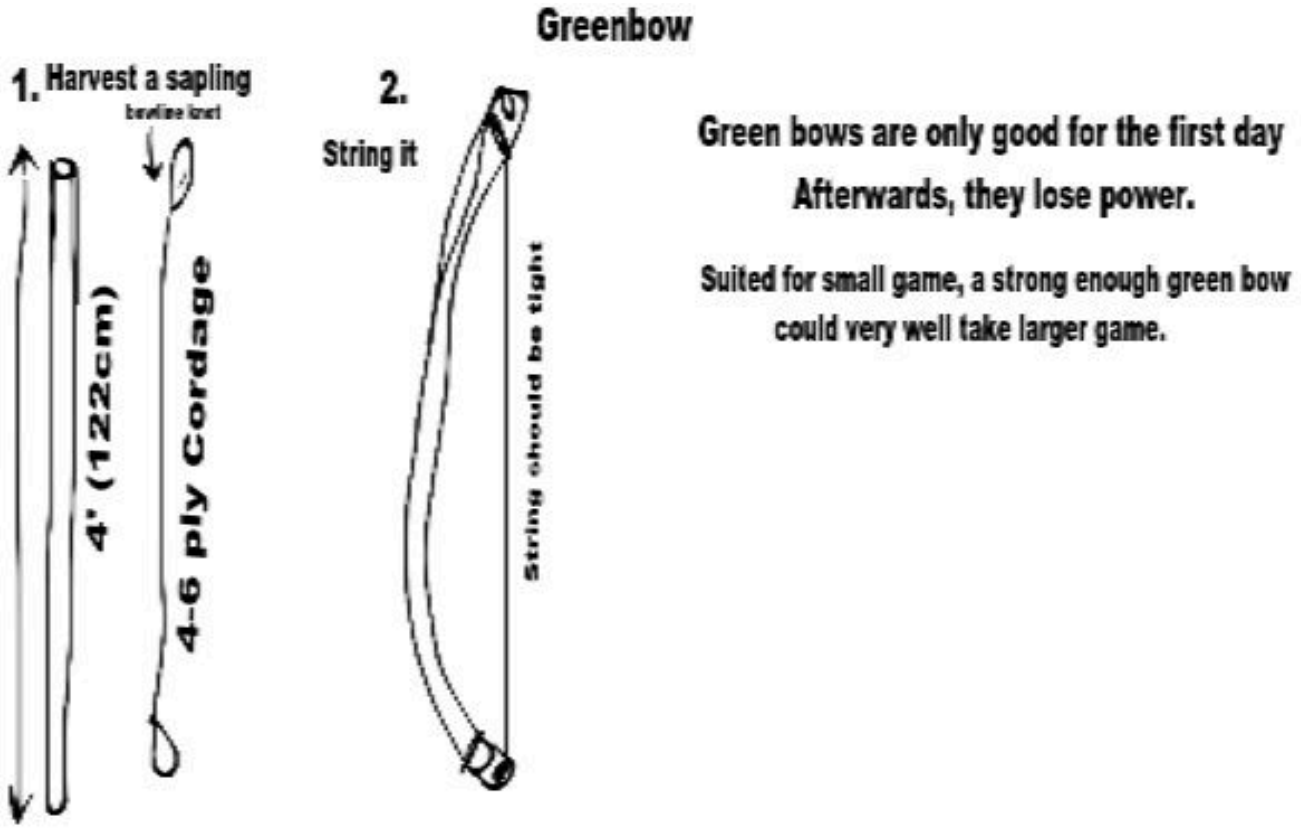
When hypothetically hunting large game, such as deer; aim for the area behind and slightly above the foreleg armpit.
You can also stab an attacking animal there for a lethal stab.



Where to stab with a spear

It is the location of the heart and lungs.

Bow and Arrow



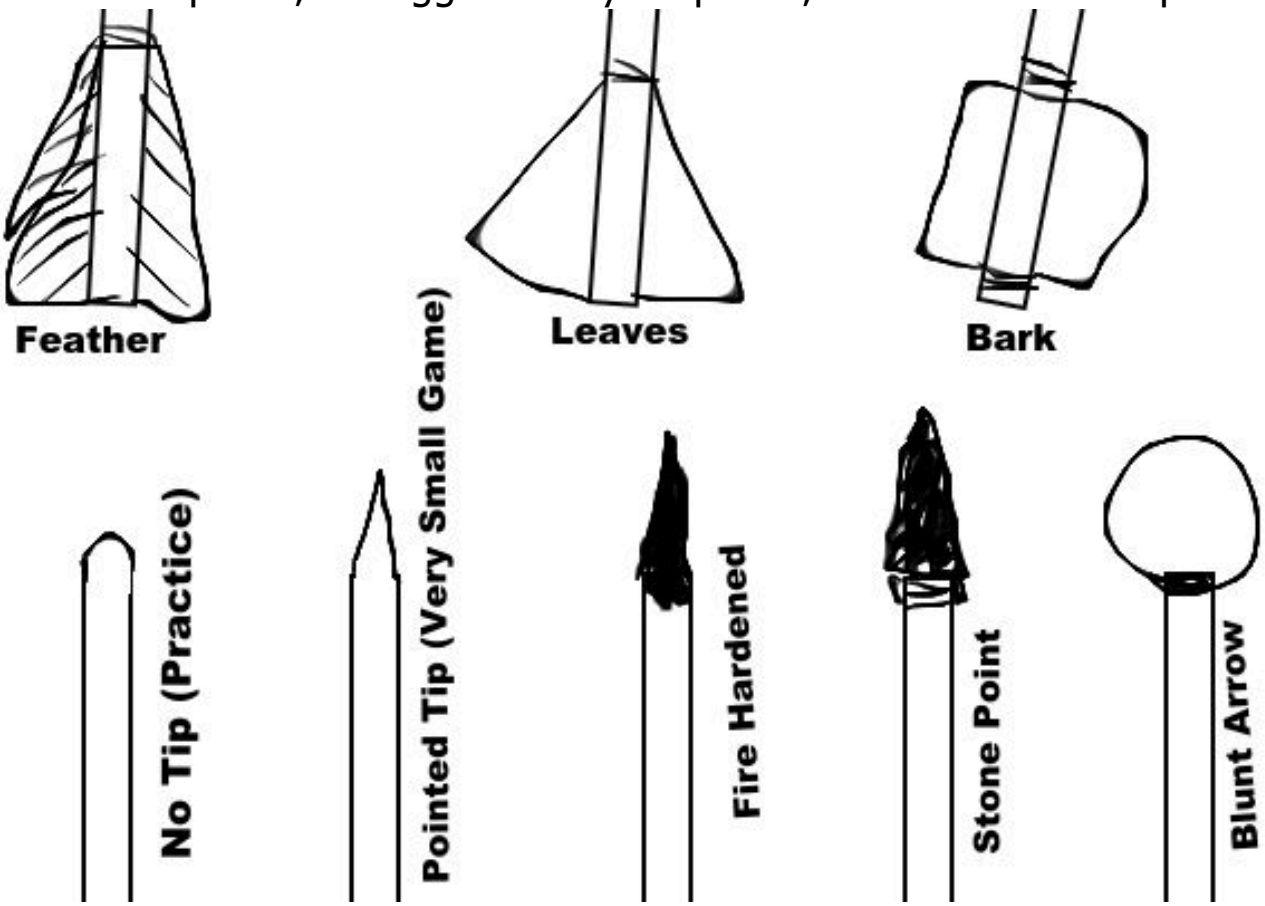
The bow and arrow are nearly as old as mankind itself. One of the best ranged weapons you could possibly craft, it's no wonder mankind took so long to invent firearms. With it you can kill small game of all kinds, up to medium sized game.

To make a simple bow for hunting, you'll want to cut a stave 4'(122cm) in length, and as big around as a broom handle, often times greater. You'll want to use 4-6 ply cordage for the bow string. Your string will be 4" (10cm) shorter than your bow stave before stringing. Bow string should be tight with no slack when strung. Green bows are only good for two days of use, afterwards the exponentially lose power and are no longer as effective as before.

Primitive man likely used leaves and bark before feathers to make their arrows later learning that arrows were slowed in flight by heavier fletching.

Arrows

Arrow shafts should be harvested from hardwood trees, and be as straight as possible. The should be as long as your forearm from the tip of your middle finger to the end of your elbow. They should be as big around as a pencil, no bigger than your pinkie; no smaller than a pencil.

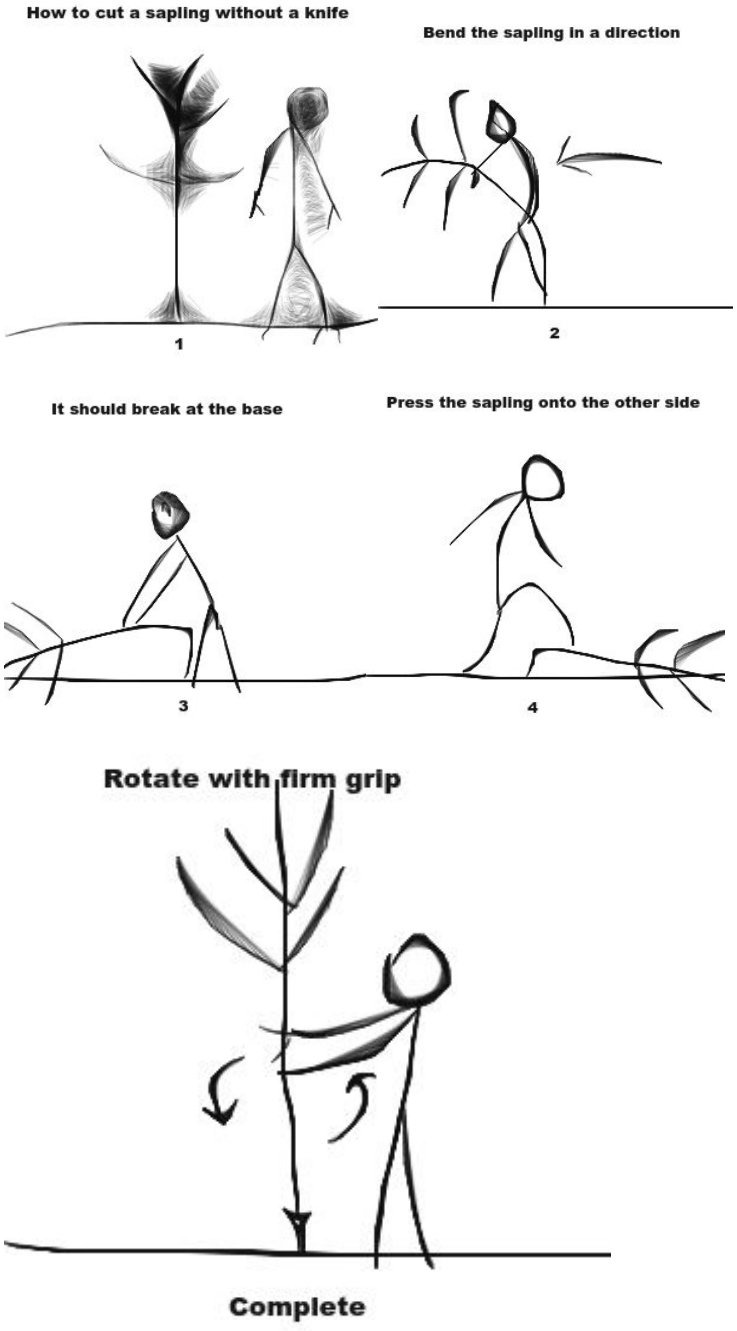


You'll want to scrape off all bark, at one end there will be fletching, the other will be the point. Arrows can be adapted to take everything from frogs and fish up to deer. Blunt ended arrows are typically used for small game as they are killed by the trauma of the arrow on impact, rather than risk the arrow breaking from over penetrating and striking a rock. Simply wedge your fletching in the premade split at one end of your shaft. Be sure and tie cordage tightly at the bottom fletching of the split, so as to prevent further splitting. Secure the other end of the fletching in the same manner where the bow string nocks the arrow.

Alternatively, resin can be used to help make your fletching stick to your arrow shaft. You can make the bow stronger by scraping it of bark, and drying it over the fire, similar to fire hardening.

How to harvest a sapling without a knife

DO NOT ATTEMPT ON VERY THICK SAPLINGS YOU COULD GET INJURED



Once the sapling is broken at the base, it's bark may prevent it from being removed. Keep twisting, and pressing the sapling on all sides until broken free. This method requires upper body strength, and if you are unable to rotate with a firm grip to break the sapling from the base, consider using a stone chopper to cut the sapling.

Cordage

is a necessity in the wilderness. What was once a common and everyday item is a luxury in the bush. Cordage can be used to make everything from large rope, to securing your shoes, to lashing two sticks together. Cordage is the glue holding your life together out in the bush. From simply using strong roots, to handmade cordage from grass and bark, cordage is a skill that is easy to learn and would be able to help you to survive.

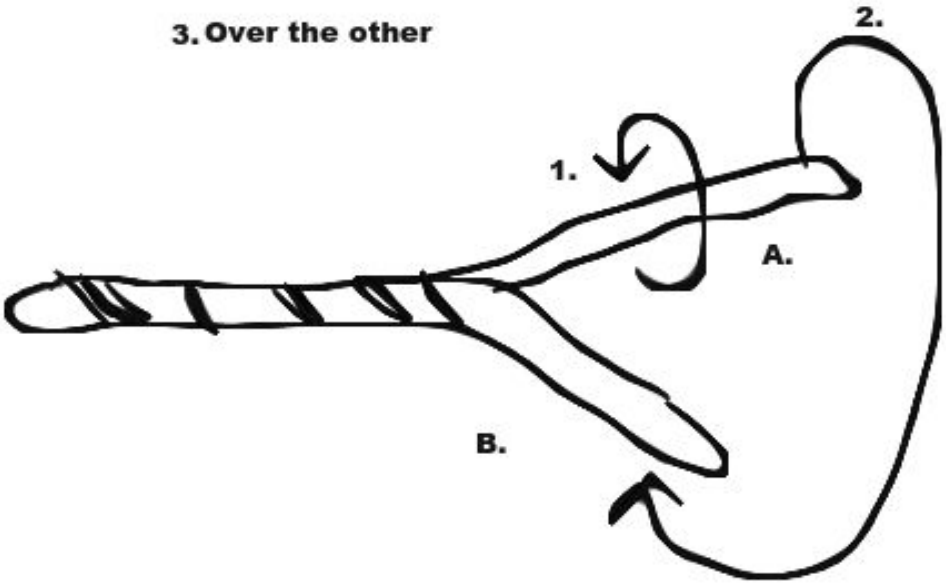
Roll each end extremely tight by rotating either end opposite directions. This method is called reverse-wrap cordage.

Grass, Leaves, or strands of hair

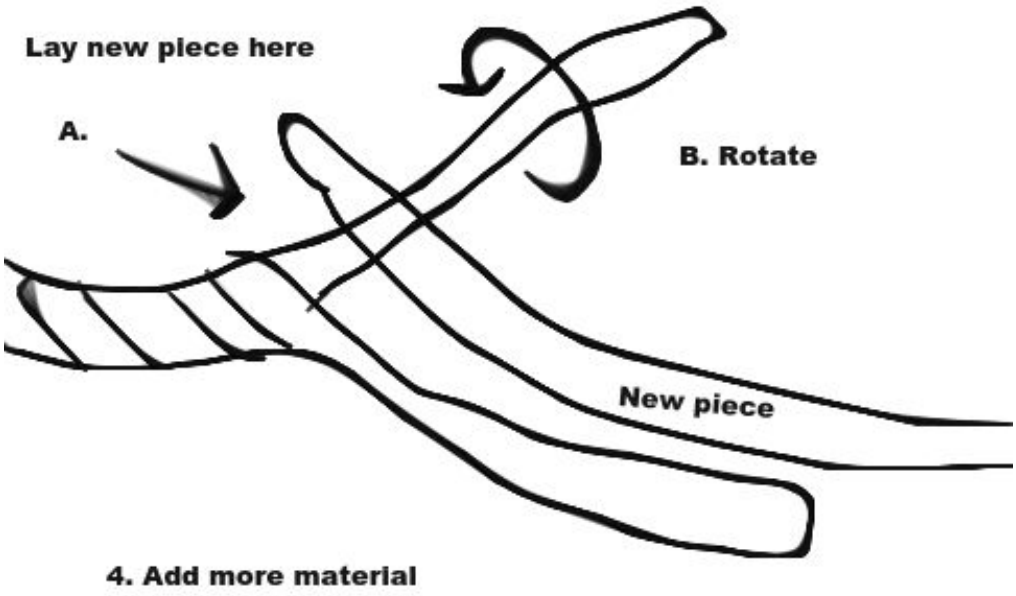
1.

Roll each end in opposite directions

2.



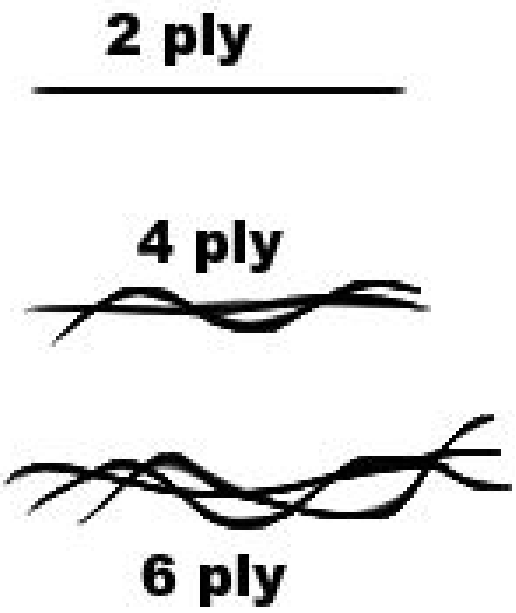
Rotate (A) away from you tightly (Step 1.), Then pull (A) over (B) in (Step 2.). When properly done, (A) piece will take the position of (B) piece in diagram, and vice versa. Maintain pressure on (A) after rolling, and the rotating (A) into (B) position and then pulling (B) up into (A) position.



4. Add more material

When adding new material, pinch the new piece at the crotch of the split firmly, the rotate (B) and twist downwards. Essentially working the new piece into the cordage. Repeat this method every time you run out of material to twist, until you have desired length of cordage necessary.

Cordage and Ply



2 ply is made by reverse wrapping cordage with one strand. 4 ply is made with two strands at a time, 6 with 3, etc. You can make as much as 12 ply if you have the resources.

FOOD

Food can be found at different times of the year, in different areas. Your food sources in survival will usually come from plants, insects, and small game. Taking large game is simply too dangerous, and not really worth the risk of injury. You could be killed or injured by even a large deer, even if the chances of that are extremely low it isn't worth risking it. If you want something to eat, you'll either have to forage, fish, hunt, trap, or scavenge.

Worms: Worms are a great protein source. You can find them after a rainstorm on the surface of the earth, or dig for them. Often found in the sod underneath the grass. Worms should be soaked in pure water for at least 20 minutes so that they purge themselves. They can then be eaten completely raw.

Insects: Easily caught and a great source of protein. Insects are a great addition to your diet.
Avoid any stinging or biting insects, brightly colored or hairy insects like caterpillars, and insects that have a pungent odor like stink bugs.
Avoid spiders in general. Disease carriers such as flies, mosquitos, ticks, dung beetles or fleas shouldn't even be considered for food, as they pose a health risk.
Rotting logs, stones, boards, or any material lying on the ground are good places to look for insects. Grassy and open areas are the best place to hunt for insects as they are easily seen.
Hard Shelled insects often contain parasites. Do not eat them raw, cook them first.
When eating insects, be sure and remove all legs and wings.
Soft bellied insects that do not have a "crunch" to them can be eaten raw, though it's best to cook all insects if possible. Insects can be ground into a paste or mixed with wild edibles for a "nature salad."

MAMMALS, BIRDS, AMPHIBIANS, REPTILES, FISH:

All **mammals** are completely edible, the only thing being toxic is the liver of bears and the liver of seals. Scavenging mammals, like the opossum, may carry diseases or parasites. Cook thoroughly.
All **birds** are edible. Cook all meat thoroughly to avoid parasites and harmful bacteria.

Amphibians: Avoid salamanders entirely. They have the body of a lizard, and the skin is slimy with four toes. Nearly all are poisonous to eat.
Frogs are smoothed skin and slimy. They are found near areas of water, near the water's edge. They are noticeably fast and dive into the water and bury themselves with mud when a threat is detected.
Some frogs are poisonous: Avoid any frogs that are brightly colored, and all tree frogs in general. These are good indicators of poisonous frogs. Do not confuse toads for frogs. Toads have dry and bumpy skin, and are often on land rather than water. They have toxins in their skin as a defense. Do NOT handle or eat toads for this reason, to avoid poisoning.

Reptiles should be cooked thoroughly to prevent salmonella poisoning as reptiles naturally have the bacteria on their skin. Non venomous snakes are the only type of reptile you should

consider of the snake family worth killing and eating. Crocodiles, alligators, gila monsters and venomous snakes pose an obvious risk to you and should be avoided.
Lizards are edible.
Avoid the common box turtle as it has a deadly toxin in its meat from eating poisonous mushrooms. Box turtles have brown carapaces, with orange or yellow markings and a small to medium head with a distinct hooked upper jaw.
Be sure to wash hands after contact with reptiles.

Fish This guide cannot speak for oceanic fish, all freshwater fish are edible. There can be factors like certain diets or nearby contamination in the water can result in the fish becoming toxic.
The common barbel has highly poisonous roe. To be on the safe side, never eat the organs of any fish. Only eat the meat, as you never know if one particular organ could be toxic to humans. Cook all fish thoroughly to kill parasites.
Avoid fish with sunken eyes, a peculiar smell or a very slimy feel. These are signs of spoilage.

Plants: The Universal Edibility Test

"There are many plants throughout the world. Tasting or swallowing even a small portion of some can cause severe discomfort, extreme internal disorders, and even death. Therefore, if you have the slightest doubt about a plant's edibility, apply the Universal Edibility Test before eating any portion of it.

1. Test only one part of a potential food plant at a time.
2. Separate the plant into its basic components: leaves, stems, roots, buds, and flowers.
3. Smell the food for strong or acid odors. Remember, smell alone does not indicate a plant is edible or inedible.
4. Do not eat for 8 hours before starting the test.
5. During the 8 hours you abstain from eating, test for contact poisoning by placing a piece of the plant part you are testing on the inside of your elbow or wrist. Usually 15 minutes is enough time to allow for a reaction.
6. During the test period, take nothing by mouth except purified water and the plant part you are testing.
7. Select a small portion of a single part and prepare it the way you plan to eat it.
8. Before placing the prepared plant part in your mouth, touch a small portion (a pinch) to the outer surface of your lip to test for burning or itching.
9. If after 3 minutes there is no reaction on your lip, place the plant part on your tongue, holding it there for 15 minutes.
10. If there is no reaction, thoroughly chew a pinch and hold it in your mouth for 15 minutes. Do not swallow.
11. If no burning, itching, numbing, stinging, or other irritation occurs during the 15 minutes, swallow the food.
12. Wait 8 hours. If any ill effects occur during this period, induce vomiting and drink a lot of water.
13. If no ill effects occur, eat 0.25 cup of the same plant part prepared the same way. Wait another 8 hours. If no ill effects occur, the plant part as prepared is safe for eating."

Source- U.S. Army FM 21-76

"CAUTION: Test all parts of the plant for edibility, as some plants have both edible and inedible parts. Do not assume that a part that proved edible when cooked is also edible when raw. Test the part raw to ensure edibility before eating raw. The same part or plant may produce varying reactions in different individuals.

Before testing a plant for edibility, make sure there are enough plants to make the testing worth your time and effort. Each part of a plant (roots, leaves, flowers, and so on) requires more than 24 hours to test. Do not waste time testing a plant that is not relatively abundant in the area.

Remember, eating large portions of plant food on an empty stomach may cause diarrhea, nausea, or cramps. Two good examples of this are such familiar foods as green apples and wild onions. Even after testing plant food and finding it safe, eat it in moderation.

You can see from the steps and time involved in testing for edibility just how important it is to be able to identify edible plants.

To avoid potentially poisonous plants, stay away from any wild or unknown plants that have:

- Milky or discolored sap.
- Beans, bulbs, or seeds inside pods.
- A bitter or soapy taste.
- Spines, fine hairs, or thorns.
- Foliage that resembles dill, carrot, parsnip, or parsley.
- An almond scent in woody parts and leaves.
- Grain heads with pink, purplish, or black spurs.
- A three-leafed growth pattern."

Source- U.S. Army FM 21-76

"• **Plants growing near homes and occupied buildings** or along roadsides may have been sprayed with pesticides. Wash them thoroughly.
In more highly developed countries with many automobiles, avoid roadside plants, if possible, due to contamination from exhaust emissions.

• **Plants growing in contaminated water** or in water containing Giardia lamblia and other parasites are contaminated themselves. Boil or disinfect them.

• **Some plants develop extremely dangerous fungal toxins**. To lessen the chance of accidental poisoning, do not eat any fruit that is starting to spoil or showing signs of mildew or fungus.
• **Plants of the same species may differ in their toxic or subtoxic compounds** content because of genetic or environmental factors. One example of this is the foliage of the common chokecherry. Some chokecherry plants have high concentrations of deadly cyanide compounds while others have low concentrations or none. Horses have died from eating wilted wild cherry leaves.

Avoid any weed, leaves, or seeds with an almond like scent, a characteristic of the cyanide compounds.

• **Some people are more susceptible to gastric distress** (from plants) than others. If you are sensitive in this way, avoid unknown wild plants. If you are extremely sensitive to poison ivy, avoid products from this family, including any parts from sumacs, mangoes, and cashews.
• **Some edible wild plants, such as acorns and water lily rhizomes, are bitter.** These bitter substances, usually tannin compounds, make them unpalatable. Boiling them in several changes of water will usually remove these bitter properties.

• **Many valuable wild plants have high concentrations of oxalate compounds, also known as oxalic acid.** Oxalates produce a sharp burning sensation in your mouth and throat and damage the kidneys. Baking, roasting, or drying usually destroys these oxalate crystals. The corm (bulb) of the jack-in-the-pulpit is known as the "Indian turnip," but you can eat it only after removing these crystals by slow baking or by drying."

Source- U.S. Army FM 21-76

Plants for Medicine

"In a survival scenario you will have to use what is available. In using plants and other natural remedies, positive identification of the plants involved is as critical as in using them for food. Proper use of these plants is equally important. Terms and Definitions The following terms, and their definitions, are associated with medicinal plant use:

• **Poultice**. The name given to crushed leaves or other plant parts, possibly heated, that you apply to a wound or sore either directly or wrapped in cloth or paper.
• **Infusion** or tisane or tea. The preparation of medicinal herbs for internal or external application. You place a small quantity of a herb in a container, pour hot water over it, and let it steep (covered or uncovered) before use.
• **Decoction**. The extract of a boiled down or simmered herb leaf or root. You add herb leaf or root to water. You bring them to a sustained boil or simmer to draw their chemicals into the water. The average ratio is about 28 to 56 grams (1 to 2 ounces) of herb to 0.5 liter of water.
• **Expressed juice**. Liquids or saps squeezed from plant material and either applied to the wound or made into another medicine. Many natural remedies work slower than the medicines you know. Therefore, start with smaller doses and allow more time for them to take effect. Naturally, some will act more rapidly than others.

Specific Remedies

The following remedies are for use only in a survival scenario, not for routine use:

• **Diarrhea**. Drink tea made from the roots of blackberries and their relatives to stop diarrhea. White oak bark and other barks containing tannin are also effective. However, use them with caution when nothing else is available because of possible negative effects on the kidneys. You can also stop diarrhea by eating white clay or campfire ashes. Tea made from cowberry or cranberry or hazel leaves works too.

• **Anti Hemorrhagic**. Make medications to stop bleeding from a poultice of the puffball mushroom, from plantain leaves, or most effectively from the leaves of the common yarrow or woundwort (Achillea millefolium).

• **Antiseptics**. Use to cleanse wounds, sores, or rashes. You can make them from the expressed juice from wild onion or garlic, or expressed juice from chickweed leaves or the crushed leaves of dock. You can- also make antiseptics from a decoction of burdock root, mallow leaves or roots, or white oak bark. All these medications are for external use only.

• **Fevers**. Treat a fever with a tea made from willow bark, an infusion of elder flowers or fruit, linden flower tea, or elm bark decoction.

• **Colds and sore throats**. Treat these illnesses with a decoction made from either plantain

leaves or willow bark. You can also use a tea made from burdock roots, mallow or mullein flowers or roots, or mint leaves.

• **Aches, pains, and sprains**. Treat with externally applied poultices of dock, plantain, chickweed, willow bark, garlic, or sorrel. You can also use salves made by mixing the expressed juices of these plants in animal fat or vegetable oils.

• **Itching**. Relieve the itch from insect bites, sunburn, or plant poisoning rashes by applying a poultice of jewelweed (Impatiens biflora) or witch hazel leaves (Hamamelis virginiana). The jewelweed juice will help when applied to poison ivy rashes or insect stings. It works on sunburn as well as aloe vera.

• **Sedatives**. Get help in falling asleep by brewing a tea made from mint leaves or passionflower leaves.

• **Hemorrhoids**. Treat them with external washes from elm bark or oak bark tea, from the expressed juice of plantain leaves, or from a Solomon's seal root decoction.

• **Constipation**. Relieve constipation by drinking decoctions from dandelion leaves, rose hips, or walnut bark. Eating raw daylily flowers will also help

• **Worms or intestinal parasites**. Using moderation, treat with tea made from tansy (Tanacetum vulgare) or from wild carrot leaves.

• **Gas and cramps**. Use a tea made from carrot seeds as an antiflatulent; use tea made from mint leaves to settle the stomach.

• **Antifungal washes**. Make a decoction of walnut leaves or oak bark or acorns to treat ringworm and athlete's foot. Apply frequently to the site, alternating with exposure to direct sunlight.”

Source- U.S. Army FM 21-76

Miscellaneous uses for plants

"**Make dyes** from various plants to color clothing or to camouflage your skin. Usually, you will have to boil the plants to get the best results. Onion skins produce yellow, walnut hulls produce brown, and pokeberries provide a purple dye.

Make fibers and cordage from plant fibers. Most commonly used are the stems from nettles and milkweeds, yucca plants, and the inner bark of trees like the linden.

Make fish poison by immersing walnut hulls in a small area of quiet water. This poison makes it impossible for the fish to breathe yet doesn't adversely affect their edibility.

Make tinder for starting fires from cattail fluff, cedar bark, lighter knot wood from pine trees, or hardened sap from resinous wood trees.

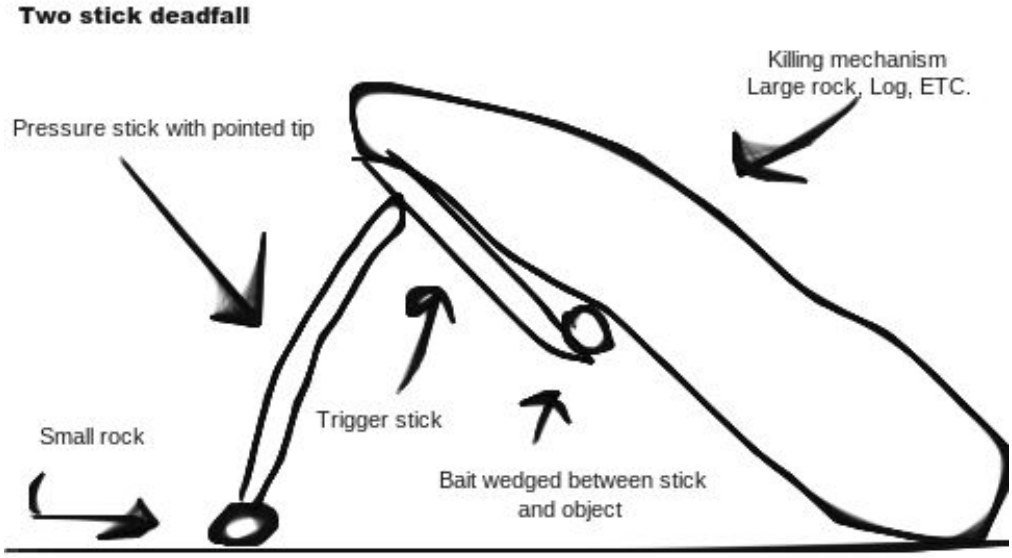
Make insulation by fluffing up female cattail heads or milkweed down.

Make insect repellents by applying the expressed juice of wild garlic or onion to the skin, by placing sassafras leaves in your shelter, or by burning or smudging cattail seed hair fibers.

Plants can be your ally as long as you use them cautiously. The key to the safe use of plants is positive identification whether you use them as food or medicine or in constructing shelters or equipment."

Source- U.S. Army FM 21-76

Trapping



The best way to catch small mammals is through the use of traps. Traps can be utilised for specific animals, and are designed to either capture or kill your intended prey. Traps do not discriminate against what prey they kill, maim or injure. It is wise to not set traps up if not in a survival scenario, as domesticated animals, people, and children can be seriously injured or killed by traps. It is also illegal in many countries to use unlicensed traps. Snaring is considered inhumane and should only be used in a "life or death" situation.

Traps should be checked twice a day, once at morning and once at evening.
You should set at least 5 traps a day, until you have a minimum of 20 traps. You should check the traps in the same order, every single time and place a "trap indicator" nearby. Trap indicators could be three stones stacked on top of each other, or a stick stuck in the ground.
DO NOT visit trap sites without a weapon in hand. There could be potential predators eating your prey, or you may have to dispatch the animal in the trap (such as with peg snares).

WHEN SETTING TRAPS CONSIDER THE FOLLOWING:

-What animal are you trying to catch? (I.E. Rabbits and squirrels are better snared than crushed with a deadfall. Rats, chipmunks, mice and other small mammals are best trapped with a deadfall.) What species is in the area? Look for signs as indicators such as:
-**Runs and trails**(runs are lines in the brush with occasional animal droppings, trails are paths that are used by multiple animals, usually contains multiple droppings) Runs usually belong to one type of animal. Trails are used by several types.
-**Tracks** (best found in muddy, dusty or snowy locations; the more distinct the track, the fresher it is. You need not worry about memorizing tracks, just focus on location of your prey)
-**Droppings** (random piles of feces, usually pellet shaped)
-**Nesting or roosting sites** (nests, feathers lying about, unbroken eggs in the nest)

-**Chewed or abraded vegetation** (Usually at the very base of young saplings, chewed leaves, empty nut hulls at the bases of trees indicate squirrel activity)

-**Nearby water or food source** (This will be frequented by more animals than just your intended prey. Pay attention to the animals that appear in this area, and what tracks you find, and set traps for those animals too if plausible)

-**Do you have the material for the trap?** The materials for the trap SHOULD NOT be made of freshly cut vegetation as these will alert your prey of your presence. Animals use the scent of freshly cut vegetation as a sign of nearby threats. Materials should be made of dead or weathered material found in the environment where the trap will be set. Try not to disturb the area or leave your scent anywhere nearby.

-**What type of trap will I need?**
Snares work best for rabbits, and squirrels as setting deadfalls for animals their size tends to become hazardous to the survivor setting them. They also are more cautious than rodents and will avoid anything new in their environment. Snares can be safely adapted for larger game, however require caution when setting.

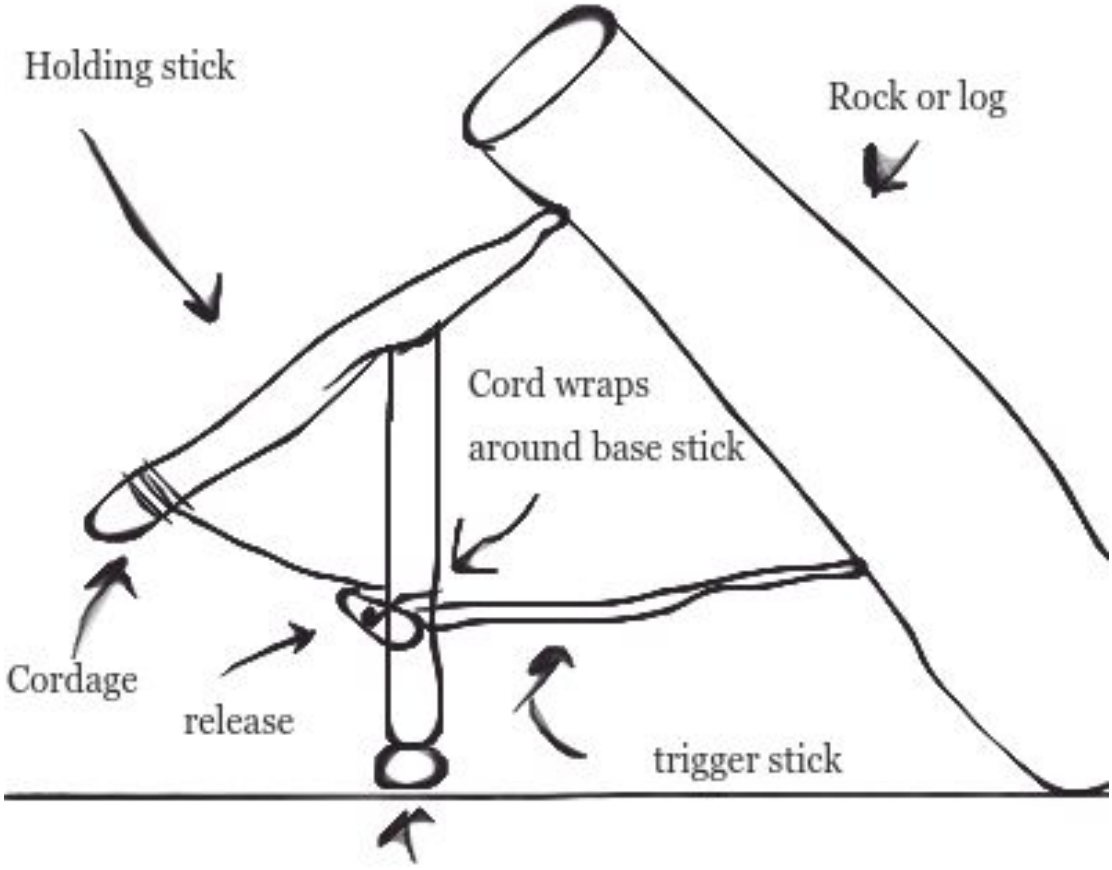
Deadfalls work best for rodents as tiny snares are both impractical and difficult to get a rodents head placement calculated. Crushing them is the better alternative, as they are less cautious of anything new in their environment than rabbits; and are more curious when bait is involved.

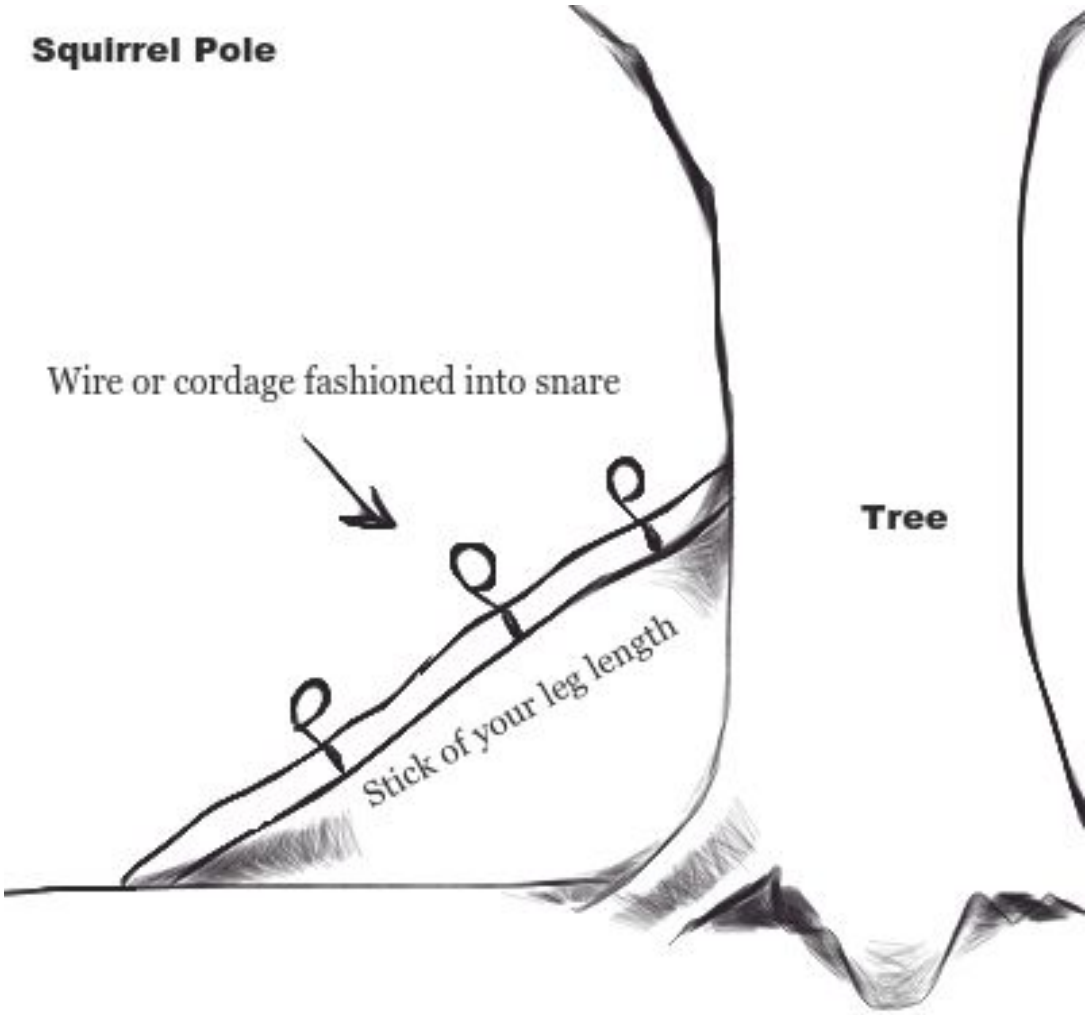
-Mask your scent by rubbing dirt on your hands before handling traps.

DEADFALLS
Dead falls are a trap that kills the prey by crushing it under heavy weight. Deadfalls are humane in that they kill outright rather than prolonging the animals suffering. This isn't always the case, as many factors can result in an animal only being maimed and severely injured, usually the result is instant death. Dead falls can be constructed with imagination and patience, and can be adapted to animals of all sizes, however this should be avoided as it's both highly dangerous for the lone survivor, and impractical. The Paiute deadfall, seen in the image, is by far one of the most effective survival deadfalls. It has a very sensitive trigger, and has a higher success rate than the figure-four deadfall and less work to make; therefore it is included in this guide.
SNARES
Are devices that strangle, hang, and choke their prey. They can be used in many different applications, and usually take their prey by surprise. Most snares rely on the struggling of an animal to do itself in, and other traps such as the "Twitch-up" or the "Spring snare" are effective snare traps, and are time consuming to make.
Place snares along runs, to ensure a captured animal.

BAIT
Offal, seeds, berries, nuts, peanut butter, cheese, insects, candy or even pieces of fruit will work. Different animals like different things. Be sure and scatter a little of the bait around the trap to entice the animal.

Paiute Dead fall

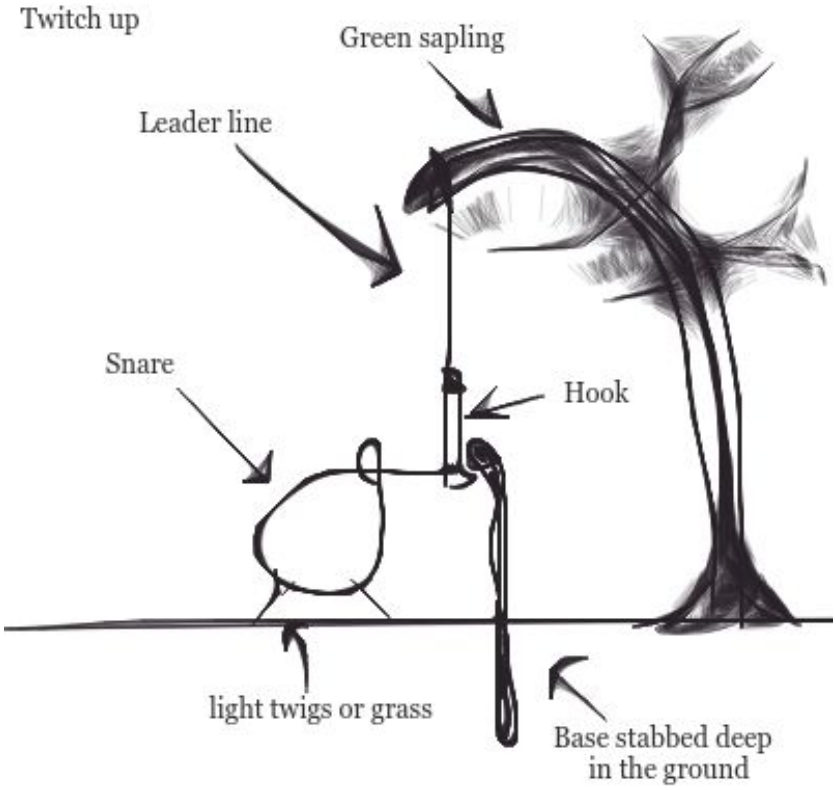



Squirrel Pole
Wire or cordage fashioned into snare
Tree
Stick of your leg length

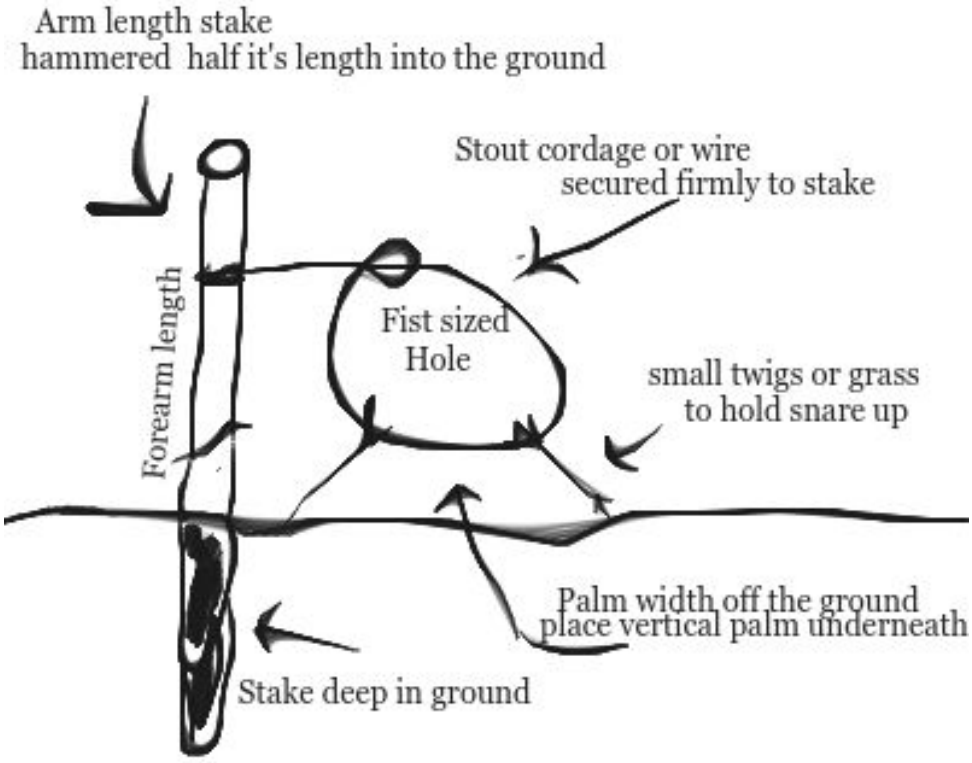
Peg snare
Peg snares are unique in the world of trapping. They have been included in nearly every survival guide written, yet most don't tell you about what a peg snare does. Peg snares do not usually kill the animal, rather it holds the animal sort of like being on a leash. The animal doesn't usually start strangling itself until either it begins to panic at you approaching it or another predator does. Most often than not, a peg snare will simply hold the animal by the neck until the animal frees itself by breaking the snare, or it dies.

If using this trap, be sure to have a rabbit stick or club on hand to dispatch the animal quickly and humanely, so as to not let it strangle itself at your approach.

You must be quick when approaching a caught animal in the peg snare as it may free itself in the struggle from your cordage. Use stout cordage and a strong stake to ensure you do not lose your prey.



Peg Snare

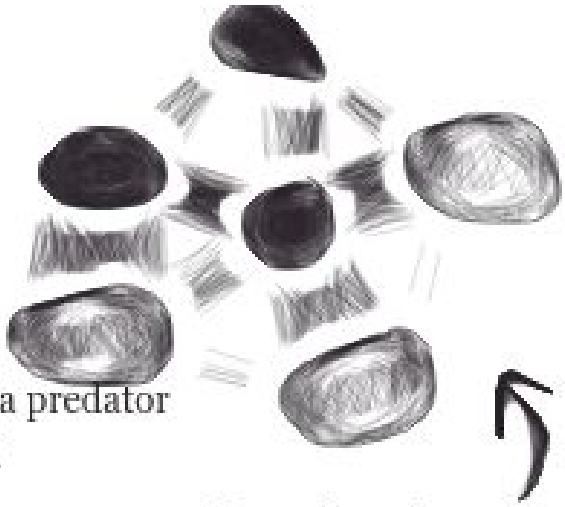


Scat is a good indicator of nearby prey.
The more moist and softer the scat, the closer the animal is. The drier the scat, the older it is, and less the likelihood of an animal being in the area.

SCAT

Large or medium size
Trailing scat

usually belongs to a predator
is never round



Deer droppings
More ovular in shape
Much larger

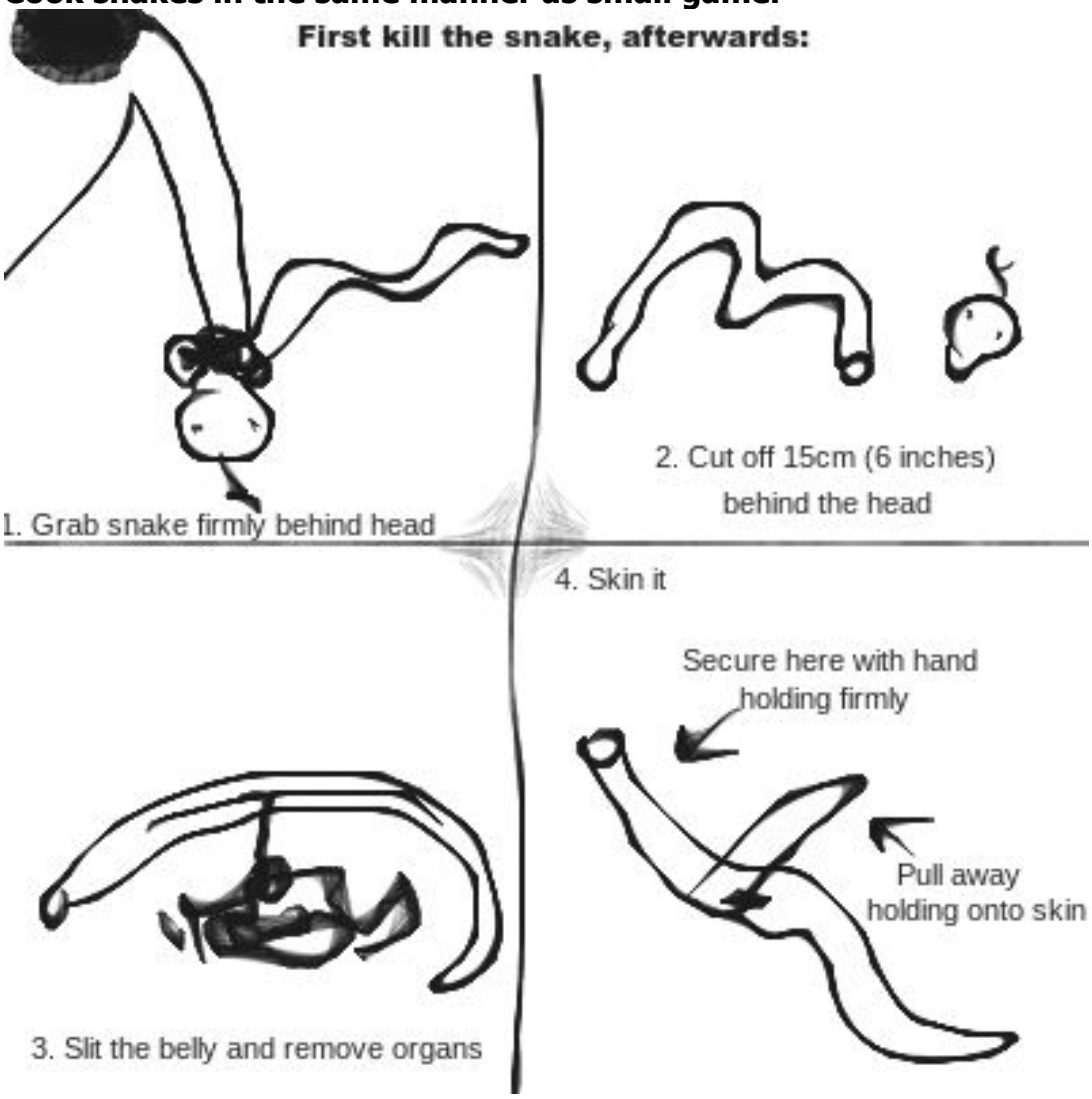
Rabbit droppings
Small and spherical

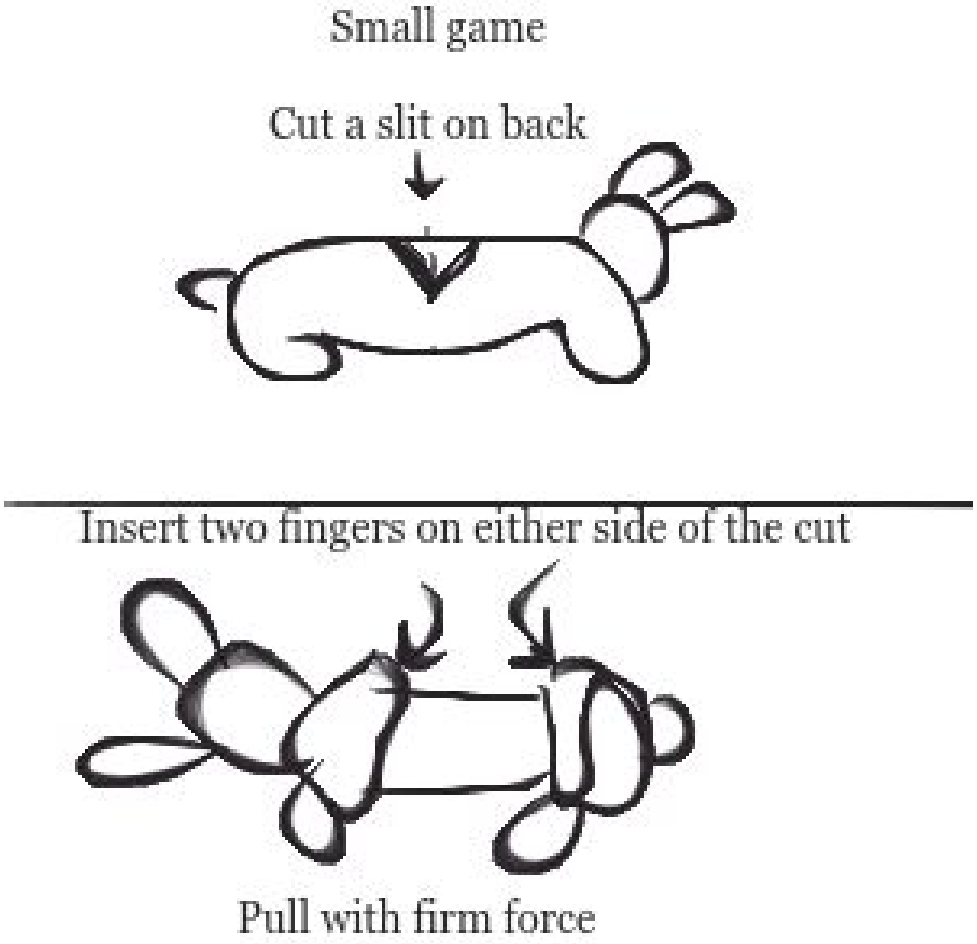
Rodent scat
very small and ovular

Squirrels, Rats, Mice and Chipmunks

Processing Game

Cook snakes in the same manner as small game.


First kill the snake, afterwards:
1. Grab snake firmly behind head
2. Cut off 15cm (6 inches)
behind the head
3. Slit the belly and remove organs
4. Skin it
Secure here with hand
holding firmly
Pull away
holding onto skin



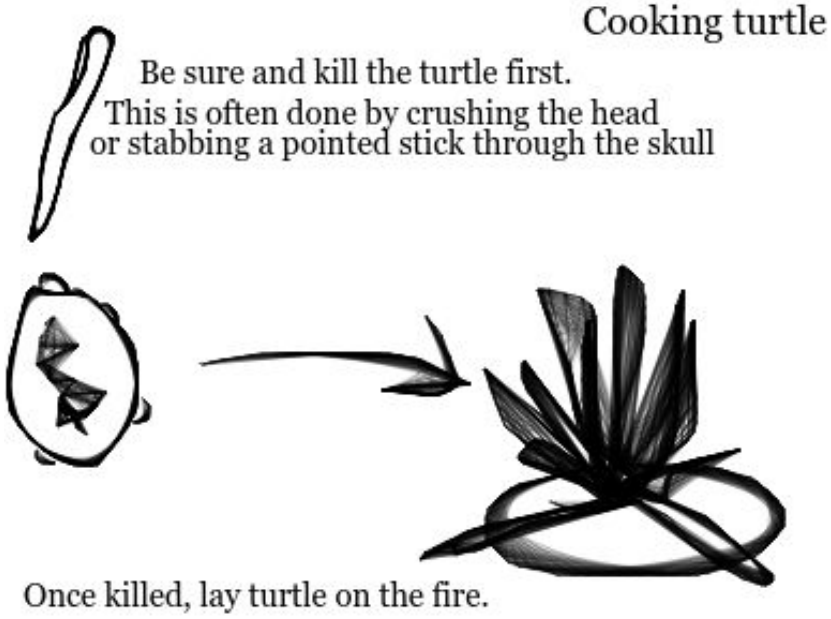
PROCESSING BIRDS:

1.Remove its feathers by either plucking or skinning. (Skin is edible and adds much needed fat to your diet) The plumes left in the skin will burn away when exposed to fire**.**

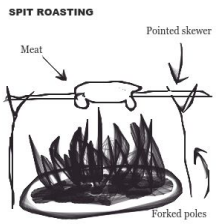
2.Open up the body cavity via light incision on the stomach area with a sharp edge and remove its guts simply by pulling out. Save heart and liver if desired.

3.Cut off the bird's feet.

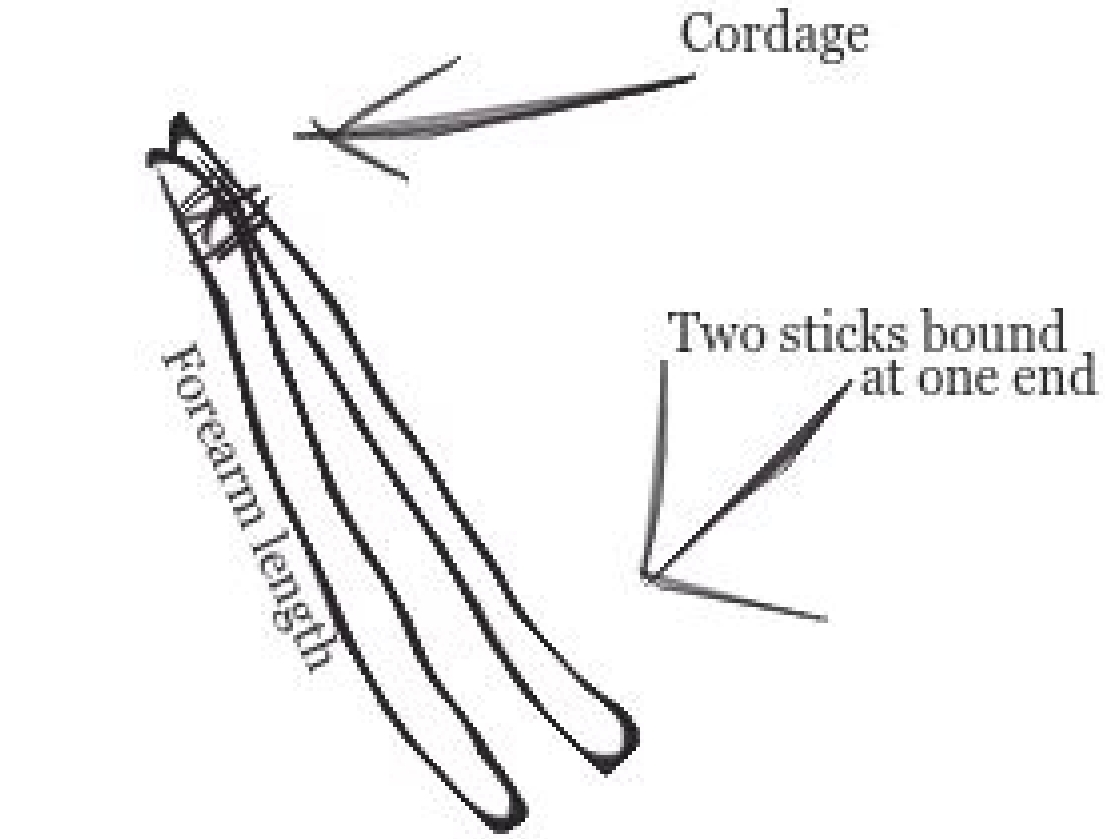
4.Cook either by roasting or boiling.
Boil scavengers such as vultures and crows for 25 minutes before attempting to cook. These birds often harbor diseases and parasites.


Cooking turtle
Be sure and kill the turtle first.
This is often done by crushing the head
or stabbing a pointed stick through the skull
Once killed, lay turtle on the fire.

Turtle is cooked whenever outer shell is blackened, and cracked. Meat should be a dark brown.
DO NOT EAT BOX TURTLE AS THEY ARE POTENTIALLY POISONOUS. BOX TURTLES HAVE LOTS OF YELLOW OR ORANGE MARKINGS ON THEIR BROWN CARAPACE (SHELL) AND A DISTINCT HOOKED UPPER JAW. SMALL TO MODERATE SIZED HEAD.



Hot rock Tongs



For transporting hot rocks to and from fire

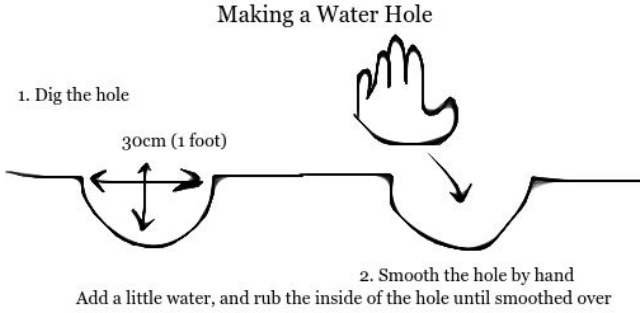
Cooking Game

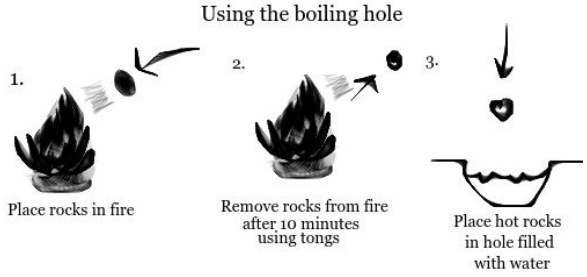
When cooking rodents (namely rats and mice), and other potential carriers of diseases (Opossums), lay the animal carcass in the fire and rotate it repeatedly until hair is singed off. This effectively kills the fleas, ticks and other parasites and keeps you from being bitten and possibly infected with parasites or diseases. This process only takes about a minute. Hair is singed when it is replaced by black char and skin is now exposed. From this point forward, grab the skin and it pulls right off. Proceed to gut the animal by making a small incision and then tearing it the rest of the way open with your fingers and remove all entrails, careful not to cut the guts.
Run your skewer through the length of the animal and roast over the fire. Turn every so often to cook it evenly. Meat is done when dark brown.

Better to overcook the meat, than to undercook it.

After processing the wild game, there are several methods you can use to make it edible:
-**Roasting** (either directly on the coals, or on a spit above a fire)
-**Boiling** (Boiling the meat in extremely hot water until cooked.)
-**Smoking** (Sealing it in an enclosed space with heat and smoke)
-**Drying** (Cutting the meat ¼" thick, laying it out to air dry on a stick or branch in open sunlight. Properly dried meat has a dry, crisp texture and and doesn't feel cool to the touch)

Freezing (As a means of preserving meat almost indefinitely, in cold biomes, you can keep a carcass longer in cold conditions)


Making a Water Hole
1. Dig the hole
30cm (1 foot)
2. Smooth the hole by hand
Add a little water, and rub the inside of the hole until smoothed over


Using the boiling hole
1.
Place rocks in fire
2.
Remove rocks from fire after 10 minutes using tongs
3.
Place hot rocks in hole filled with water
Remove rocks from the water and replace with hot rocks until boiled.

Boiling water/Waterhole

The boiling hole is a depression in the ground dug out either by hand or using a digging stick. It usually is 1' (30cm) in diameter. A little water is added, and then the walls and floor of the hole are "smoothed" over to aid in water retention. Rub the mud until smoothed, and then add the amount of water you wish to boil/purify. This hole can be used for cooking as well as purifying water. You may wish to make two separate holes, one for each task, to ensure uncontaminated water from food residue.

Place a large amount (ten to twenty) egg sized rocks in a nearby fire for approx. ten minutes or more.

Remove rocks from fire using tongs, and deposit them into the water hole. Keeping

adding rocks until water begins to boil, usually 10-15 rocks will ensure a rolling boil.

After two minutes, continue removing and replacing heated rocks until water continues to boil. Never mind any ash that may be present in the water, it can be filtered out later.

You must keep the water hard boiling for at least 5-10 minutes to ensure it being properly purified. Water will be muddy, and have bits of ash in it, it can be filtered using a cloth over a container. Remove unused rocks from fire, and keep them for next time. Let water cool before drinking.

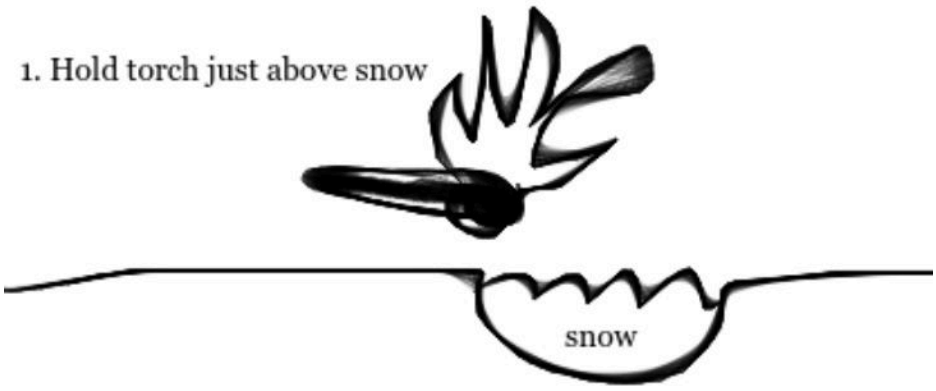
DO NOT TOUCH PLACE WET OR POROUS ROCKS IN FIRE, THEY CAN EXPLODE.
DO NOT ATTEMPT TO DRINK OR FILTER WATER WHILE IT'S STILL HOT
(USE COMMON SENSE)

WATER

Water is your top priority in survival. You cannot go three days without water, or else suffer severe dehydration and death. Water can be obtained from melting ice and snow, digging for it, and even from rain. Water is your most dire need in any survival scenario, and your life depends on the procurement of water.
When you sweat, your body loses water at a much more rapid rate. You must replace this lost fluid by adequate water intake. Try to reduce sweating as much as possible when water is not available.

Water can be purified without a container using the "boiling hole" method. The water will need to be boiled every 6-10 hours to ensure purity. Water holes can be used to collect rainwater, it still must be boiled if you are to drink it.

Melting snow for a water hole



Drinking unboiled water is not recommended except as a last resort and your survival depends on it.

When using snow or ice in the water hole, hold a torch close to the snow to melt it. Keep adding snow or ice until you have enough melted water to consider boiling it. See "Fire" chapter on making torches. The torch method will only melt the snow and ice, it WILL NOT purify it.

DO NOT CONSUME SNOW OR ICE WITHOUT MELTING OR BOILING IT as snow and ice will lower your body temperature and lead to more dehydration. It also burns more calories and exposes you to the potential risk of hypothermia.
It may also be contaminated with organisms or bacteria that are harmful to you.

DO NOT DRINK SEA WATER it contains too much sodium which strains the kidneys and quickens the process of dehydration. The more you drink of sea water, the quicker you'll dehydrate.

DO NOT DRINK WATER THAT HAS AN BITTER ALMOND SMELL this a sign that the water is contaminated with cyanide. Cyanide is a naturally occuring compound. There is no way to purify this water from a 'No gear' perspective. Move on and find a new water source.

DO NOT DRINK BLOOD, ALCOHOL, SEAWATER, OR URINE I don't care if that one guy did it on television. Urine is toxic waste, and should only be used as a very last resort, it will only further make you dehydrated and add undue strain on the kidneys.
Blood requires more water consumption, and could potentially give you diseases. Seawater further dehydrates, as does alcohol. Do not use these as water substitutes.

Obvious water sources are rivers, lakes, ponds, puddles, ground water, and rain water. These can be collected and then purified using the boiling water hole method.

How to find water

ON THE BEACH: Dig a hole deep enough that water fills into it. The water in the hole will be saltwater and is not drinkable. Place heated rocks from the fire into the water until it is steaming. Cover the top of the hole with a cloth, or clothmade article of clothing and wring the moisture into a container.
Alternating method would consist of filling a container with seawater, and boiling on an open fire while covering it with a cloth to catch the steam.

DESERT: Dig a hole deep enough that water fills into it
-Low areas and valleys
-Dry lake beds At the foot of dry river beds
-At foot of cliffs or outcrops
-Wherever you find a damp surface or sand
-Wherever there is green vegetation

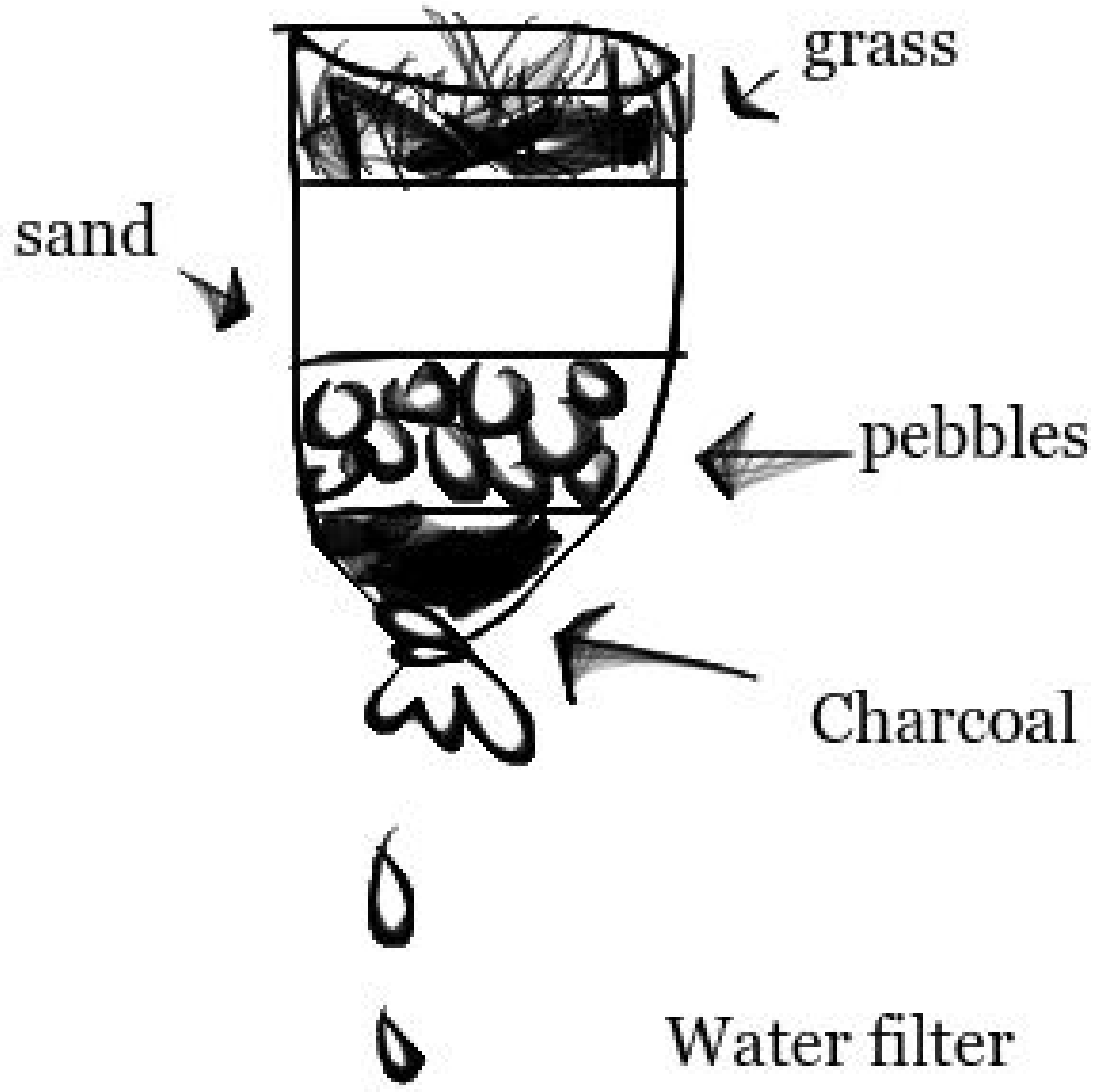
Holes in rocks may collect rainwater, keep an eye out for them.

Condensation on grass or metal in early morning. To collect:
Tie fine grass tufts, cloths, or absorbent material to your ankles and walk through brush and wet grass. Periodically wring cloth into a container. A large amount of water can be obtained this way.
Smooth surfaces such as metal can collect water, simply wipe moisture with a cloth and wring cloth into a container.

Birds will show you where water holes are. Flocks of birds oftentimes will circle around water locations. They are most active at dawn or dusk. Chirping around these times signal that water is nearby.

Trails almost always lead to water. Trails can be identified as beaten paths of dirt, trodden foliage or grass, heavily tracked paths, or animal droppings.

Animals will oftentimes lead you to water. Following animal tracks will lead eventually to water, as animals tend to wander between feeding, bedding, and drinking areas.

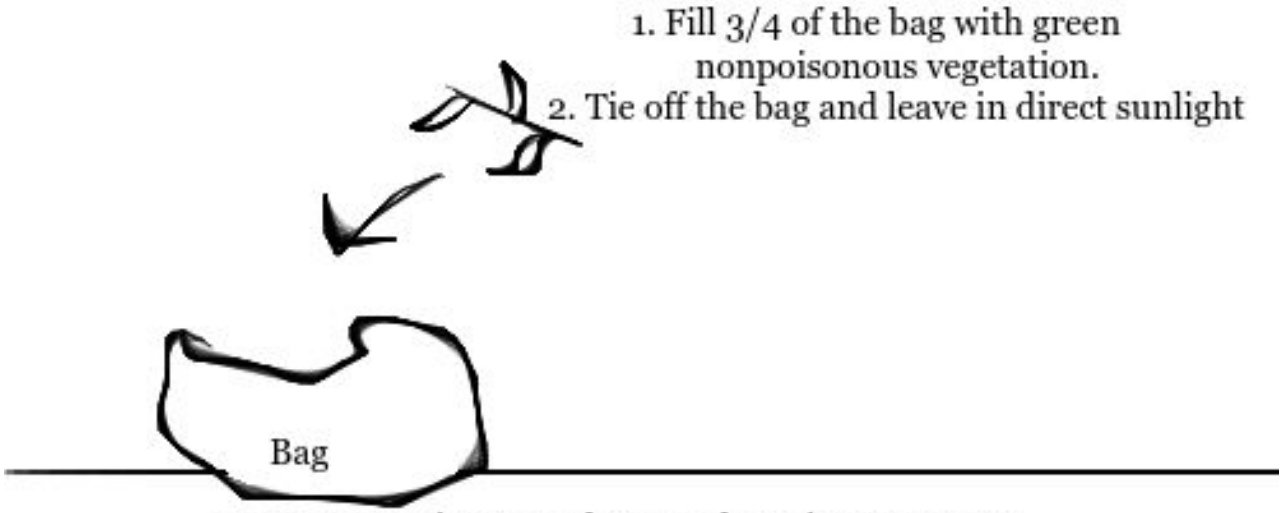


Stills

Stills can either be above ground, or below ground. Stills are used to "generate" water by means of condensation. They require particular materials to build, and rely on direct sunlight to work. A large plastic sheet, a kitchen trash bag, a grocery bag, or even a plastic poncho will work.

For the above ground still, tie a plastic bag around foliage with a small pebble at the bottom, and leave in direct sunlight for twenty-four hours. It will take this long to generate 0.5-1.0 litres of water. You will need at least 3 stills for one person's water supply.

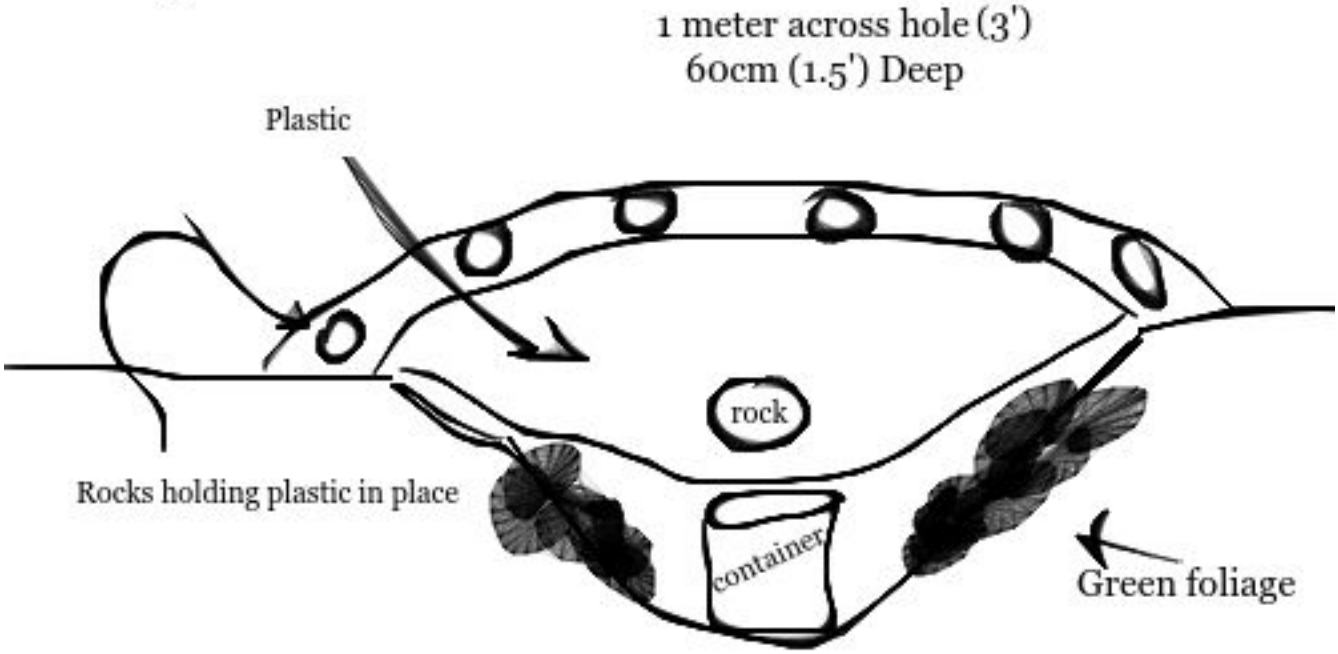
Above ground Still



CAUTION: Poisonous plants make poisonous water

Above ground stills are made by filling your plastic material ¾ of the way full with a small stone at the bottom or corner of the bag to aid water collection. The still is then tied off tightly with air still left in the bag. Condensation will begin to build up in the bag, pooling water inside it. You may still want to boil or filter the water before drinking it.

Below ground still



Alternatively, if unable to obtain green foliage, you can choose to add non potable liquid such as sea water or urine to the bottom of the hole before placing in your

container. This will only generate a small amount of water, yet it is still effective at producing drinking water. Pile dirt, sand and rocks along the outer areas of the plastic to further seal the moisture in.

Water filters

are a means of making filthy, stagnant, muddy, or otherwise foul water more palatable. The water will still have to be purified.

To craft a water filter, you can use a plastic bottle, a hollowed out log, bamboo, a sock, or a cotton shirt. Fill the bottom layer with charcoal, followed by pebbles, sand if applicable (If not use extra grass or pebbles) and grass. Hold your container underneath the filter, or if without a filter, your water hole you've made. Let water stand for 1 hour before purifying.

FIRE

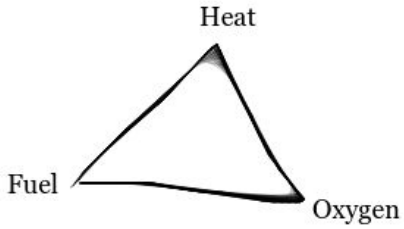
Fire is a survival necessity out in the wild. While not as vital as water or shelter, fire is still a means of preparing food and water for consuming. It provides heat, and security in the darkest of nights.
Fire can be obtained many ways, from solar energy, to friction, to combustion, to sparks. Without a single element of the fire triangle though, fire cannot exist. You need:

Fuel with can be a dry material, usually devoid of moisture.
Heat from a source which you'll oftentimes have to generate.
Oxygen from the outside air. Deprive a fire of one of these, and it will cease to be.

There are many ways to make a fire, yet this guide is made on the assumption you don't have a flint striker, your options are what you have on you, either a lighter or matches, by friction, or by something often overlooked: your cell phone battery.

FIRE BASICS:
-Keep the fire safe from heavy winds by digging a hole into the ground and starting the fire in it.
-Clear the nearby area of debris before lighting
-When starting a fire in snow or wet conditions, lay green sticks down as the base for your fire before lighting.
Do not build a fire on wet or snowy ground.

Fire Triangle



Without one of these, fire cannot be.

Fire Plow

The simplest and easiest fire drill method, at least in terms of required material. You can pretty much get a coal by rubbing a plow against a fallen tree. Now that's versatility!
Find a dry and dead soft wood, both for the plow and the base, and square off one end of the plow using a stone handaxe, the thicker the tip the better.

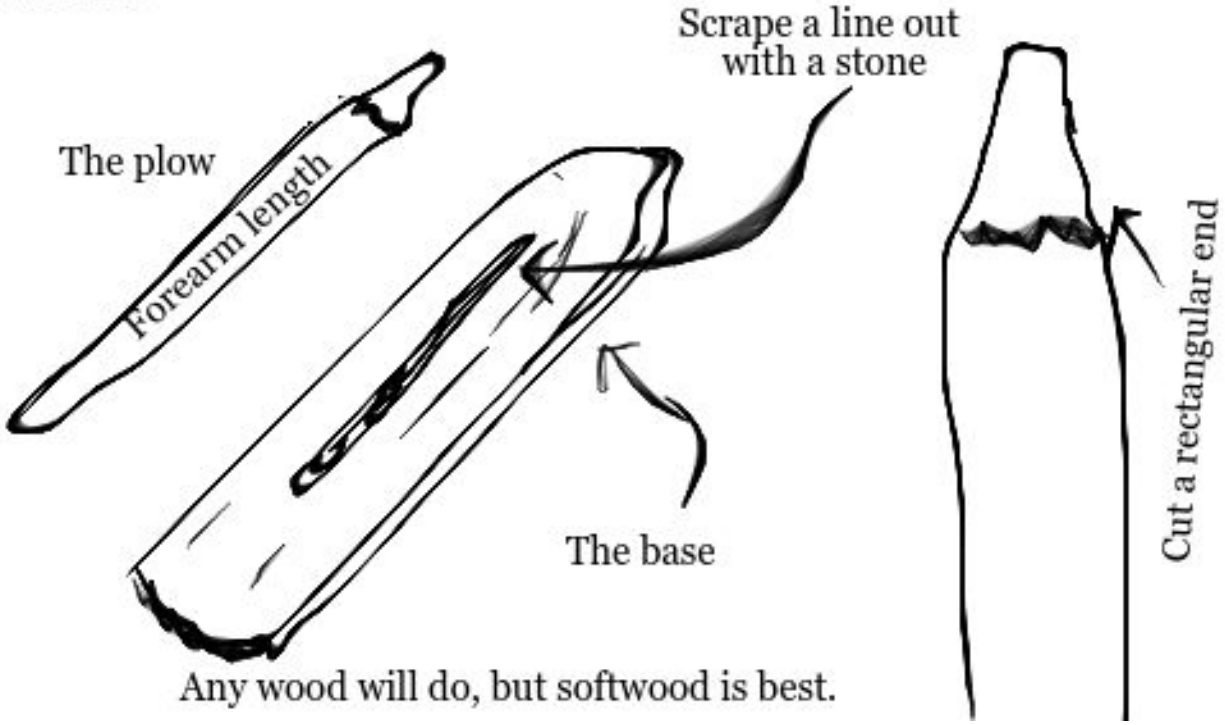
Less surface area will fail to generate enough friction. Do not cut the tip overly thin. Simply etch a line into the wood you are using as a base with a stone, and press the plow into the base, applying firm pressure and not overly exerting yourself. Rub the plow back and forth at a steady pace until smoke appears.

This is where you will begin to apply more pressure and vigorously rub back and forth. There will be dark wood dust collecting at both ends. Watch for a coal to form in either one. When a coal is seen, stop plowing. Fan your hand over the coal to give it oxygen. Let the coal set for a second while you get the tinder you need. Place the coal in the bundle, and pinch the tinder onto the coal, and blow gently until flames leap forth from the bundle.

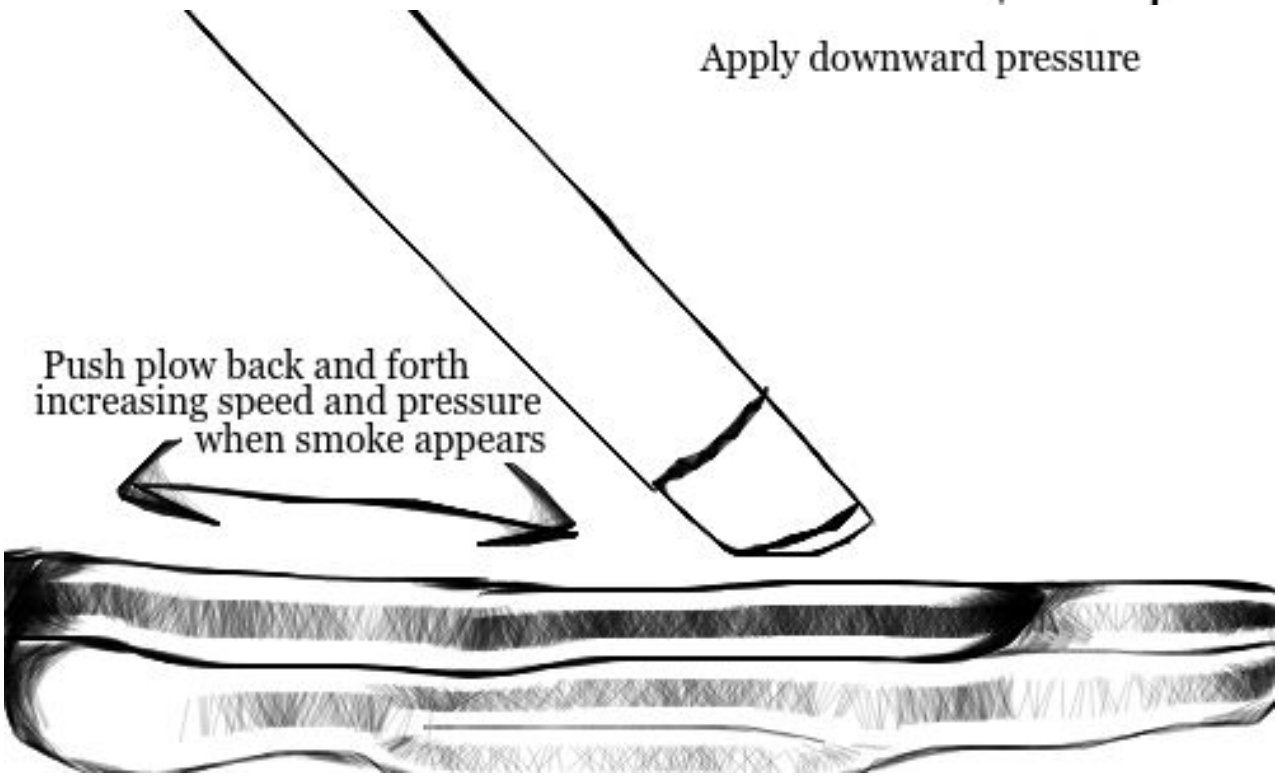
To test to see if a tree or wood is a softwood. Use the thumbnail test. Press firmly against the wood with your thumbnail, and if it leaves an indentation, you have softwood.

LOTS OF SMOKE MEANS COAL IS IMMINENT

Fire Plow



Any wood will do, but softwood is best.



When smoke appears after a few moments, push down hard and push the plow back and forth with speed and intensity. A coal will form in the dust of either end.

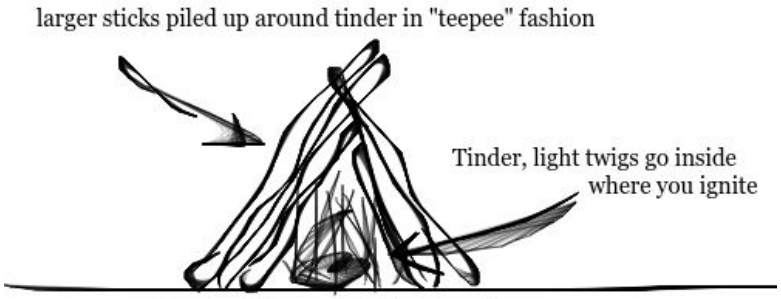
Troubleshooting the plow: Not smoking?
Your plow tip may be wet, the base may be wet, or you may not be applying enough pressure.
If you have several failed attempts, try carving the plow channel with a stone to roughen it up. If the channel is smooth, it won't have enough friction. Not enough friction means no heat. The more surface at the tip of your plow the better. Overly thin plows make it difficult to achieve an ember. Scrape the tip of the plow after each failed attempt to roughen it.

Make sure the wood you are using isn't from the ground, as there is too much moisture. Make sure the wood used is seasoned or dead.

The "Teepee fire" is not the only fire you should learn. If it's all you know, it's certainly one of the best. It dries the damp wood by burning the dry tinder and kindling on the inside of the stack of sticks. The fuel on the outside, will soon dry out from the heat. The Teepee "feeds" itself by burning the sticks to the point they collapse onto the fire.

Leave a gap in the sticks where you can feed the fire with kindling until it dries the wood on the outside if applicable.

Teepee fire



Burns well even with damp wood.

Torches

Torches are man's oldest fire based tool. They allow you to harness the power of fire, and cast forth light on the darkness. They can melt snow, ward off predators, and allow you to transport fire from one place to another.

To make a simple torch, locate a pine or spruce tree. Look for resin which will either be brown or white on the surface of the tree.

Pick up a pine cone.

1.**Cut a branch.**

2.Split the branch at one end as shown.

3.Wedge Pinecone in between the spaces.

4.Tie cordage at the bottom of the split to further secure the pinecone.

5.Take pieces of pitch and place in the gaps of the pinecone.

6.Light. It may take a second as the pitch will have to melt a little to catch.

You now have a torch that should burn for at least 5-10 minutes and is quite wind resistant.

CAUTION: Be careful not to hold the torch straight up and down, it will be leaking very hot pitch.

Make a torch

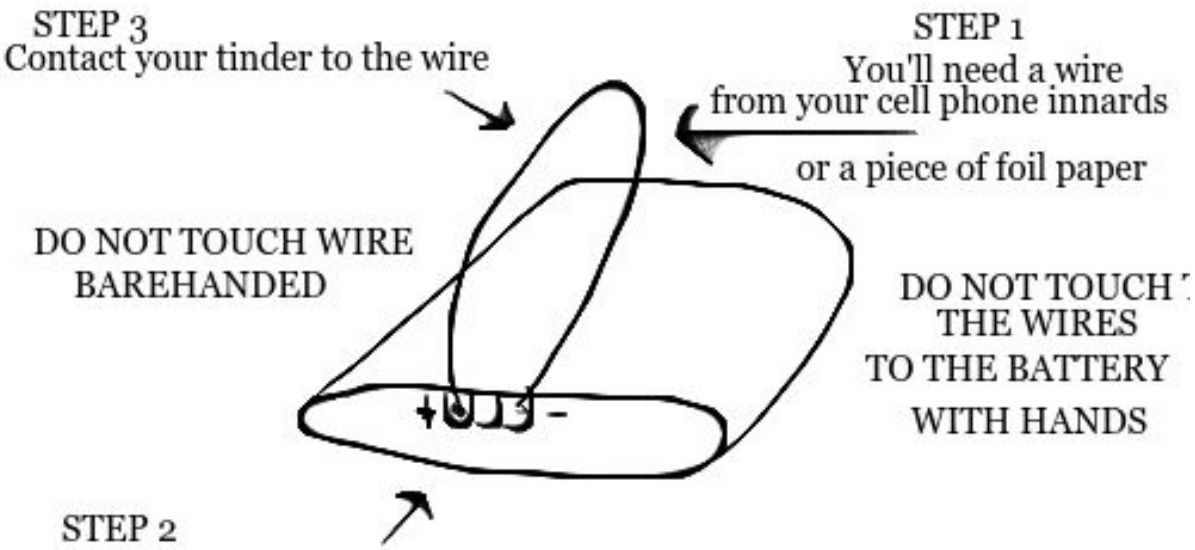
2. Wedge a pine cone in between the spaces.

1. Split the handle along these lines

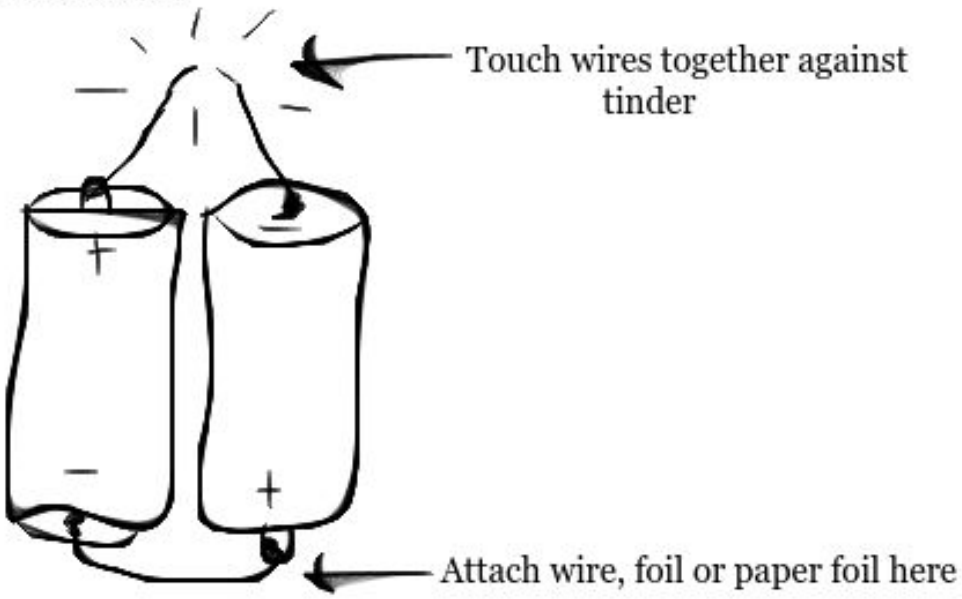
Fire from batteries/Cellphone

That's right. Even without a lighter or any other gear, you've likely got your cell phone on you. While it's not recommended to tear your phone apart straight away just for a fire, as a cell phone could be used to get you out of the situation you're in. If you've no service and the battery dies, it still might have enough juice to ignite some tinder. If failure to ignite, battery can be punctured to cause fire. Be sure and keep hands free of battery when doing this as injury can occur. **Caution: Smoke will be Toxic. Do not breathe it.**

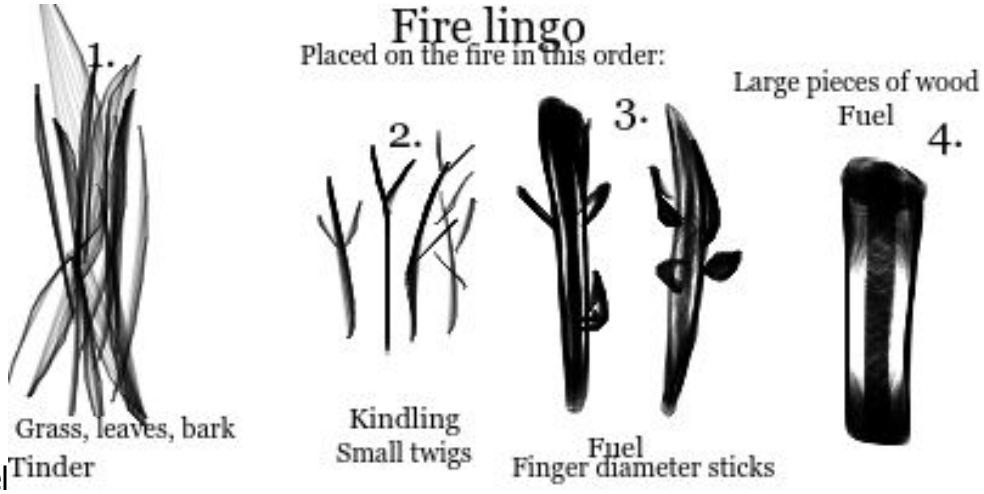
Fire with Cell phone battery



Fire with AA batteries



Fire with AA batteries or cell phone batteries SHOULD NOT be attempted indoors. WARNING: DO NOT TOUCH CONTACT WIRES ON EITHER BATTERY BAREHANDED. BURN HAZARD. SECURE THE WIRE BATTERIES WITH RESIN, OR TAPE IF YOU HAVE IT.



Tinder, Kindling, Fuel

-**Tinder**: Grass, leaves, fluffed up tree bark, char cloth, sawdust, thin wood shavings, basically anything that will burn from a coal or a spark. Tinder must be kept dry. If you find good tinder, and it is damp, put it in a pocket on your pants. Your body heat will dry it out after several hours and you'll be able to utilize it.

Kindling: Small twigs, small pieces of broomsage, any woody material no bigger than an average pencil in diameter. It maintains the fire from it's baby stage of lit tender. Basically, after getting flame from tinder, you'll place kindling on top of the flaming tinder. The goal of kindling is to burn long enough to catch the fuel ablaze.

Fuel: After the kindling stage, fuel will be placed on the fire. Gradually add several small pieces of finger diameter sized sticks to your flame. After they begin to burn, feel free to add more. Gradually build the flame up to where it can sustain having logs on it. Logs are not mandatory. Work with what you got.

Logs: Logs are the fuel, after the fuel. Any sticks larger than the diameter of your finger is considered a "log". Logs burn longer, allowing you to worry less about constantly sustaining the fire with small sticks. Logs also leave behind more hot embers, and allow you to maintain hot coals if the fire should die in the night.

WILD EDIBLES:

A list of common wild edibles in North America. These are simply the names of the plants. Most are distinct in appearance and somewhat easy to identify. **Take note, nuts are still allergens.**

You may have an allergic reaction to a plant. Take caution.

Some plants, like Herb Robert have great medicinal properties and ward off mosquitos.

It is your sole responsibility to identify the plants you deem edible. If you are unsure of the plant, throw it out. Regardless of what information this guide provides, use your research tools via Internet and Encyclopedias to determine which plants are edible.
The author is not responsible for failure to identify plants properly.

Do your own research, as all that is displayed is an image of the plant and its known edible parts. Do not consider this guide as your only resource for wild edible identification.

Alfalfa (Medicago Sativa)

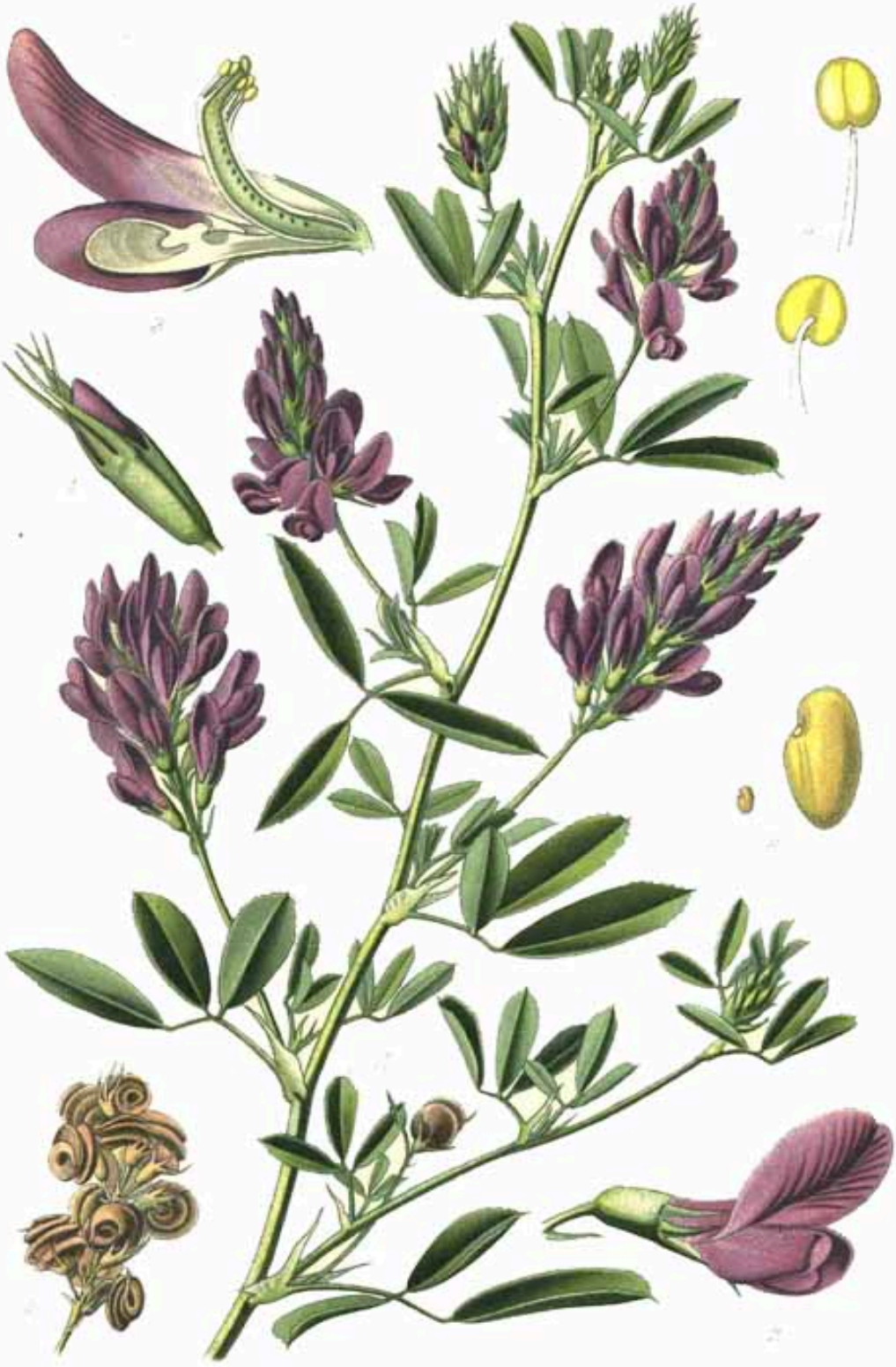
(Medicago Sativa)

Edible Parts: Leaves, Young Shoots.

Can be eaten raw, boiled, or made into a tea.

People with Lupus should avoid consuming Alfalfa

Location: Open Fields, Pastures.



Pl. 75. Luzerne cultivée. Medicago sativa L.

Source:By Amédée Masclef - Atlas des plantes de France. 1891, Public Domain, https://commons.wikimedia.org/w/index.php?curid=5773962

Acacia (Acacia farnesiana or Vachellia farnesiana)

SOURCE:http://wildernessarena.com/food-water-shelter/food-food-water-shelter/food-procurement/edible-wild-plants/acacia

(Acacia farnesiana or Vachellia farnesiana)

Edible Parts: Young leaves, flowers, pods.
Raw or cooked.
Location: Desert, open dry areas.

Agave (Agave Americana)

Image source: http://www.eattheweeds.com/century-plant/

(Agave Americana)

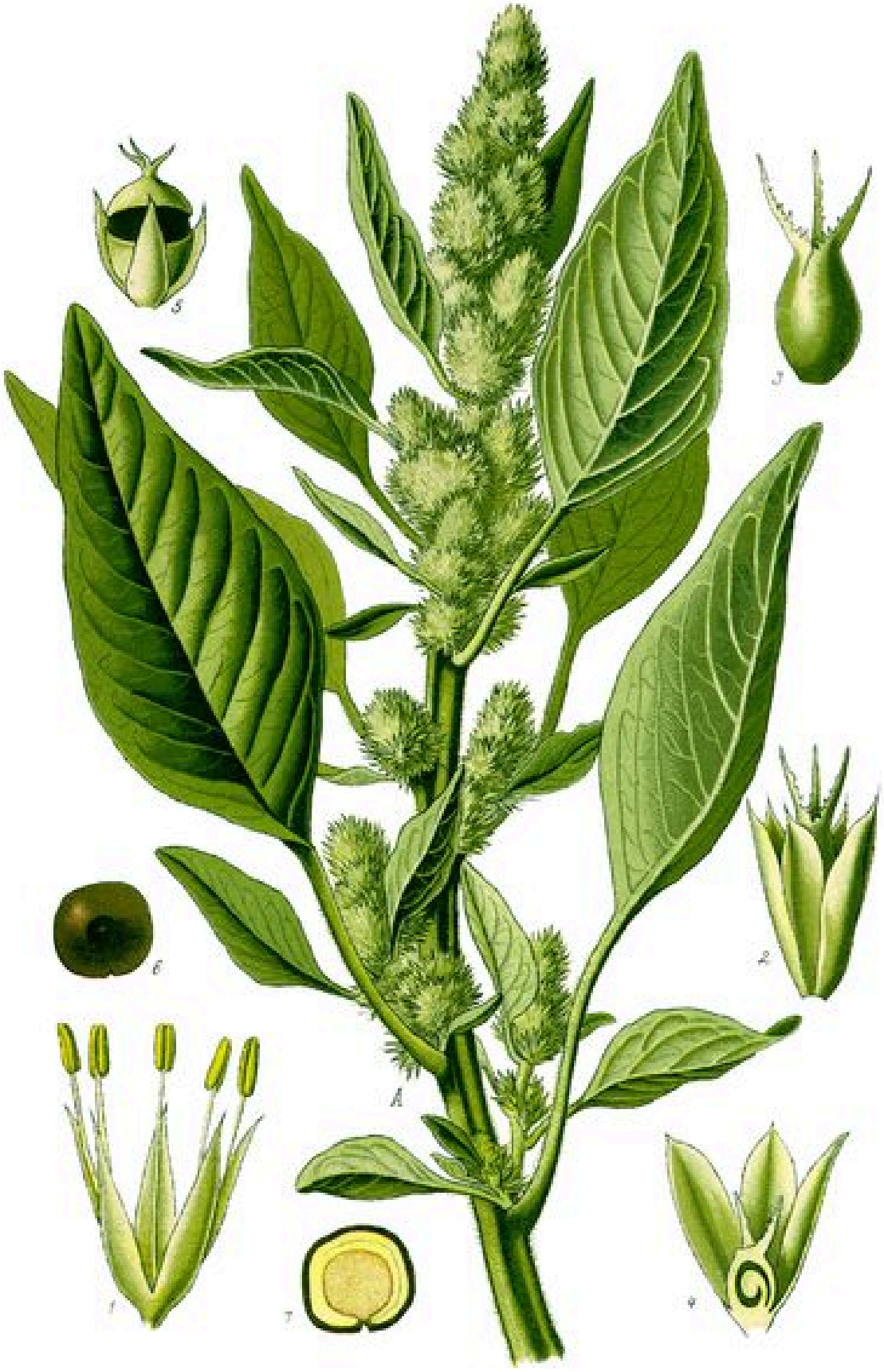
Edible parts: Flowers, stalks, basal rosettes, and sap.
Leaves are incredibly bitter and must be boiled, chew the leaves and spit out the fibers.

Location: Desert, dry areas.

Amaranth (Pigweed)

(Amaranthus retroflexus)

Edible parts: Leaves and seeds.
Raw or cooked.
Location: Waste ground, Yards, Fields.



Source:https://commons.wikimedia.org/wiki/File:Amaranthus_retroflexus,_Thom%C3%A9_1885-0.png

Arrowroot (Maranta and Sagittaria)

Image source: http://wildernessarena.com/food-water-shelter/food-food-water-shelter/food-procurement/edible-wild-plants/arrowroot

(Maranta and Sagittaria species)

Edible parts: Rootstock.

Wash roots and clean of bitter paperlike scales.

Boil and eat like vegetable.

Location: Moist ground, near water.

Image source: http://wildernessarena.com/food-water-shelter/food-food-water-shelter/food-procurement/edible-wild-plants/arrowroot

Arrowroot Tuber

XXV. 1.
Gemeines Pfeilkraut.

Image source: https://phytotheque.wordpress.com/2016/05/12/sagittaire-sagittaria-sagittifolia-l/

Asparagus (Asparagus Officinalis)

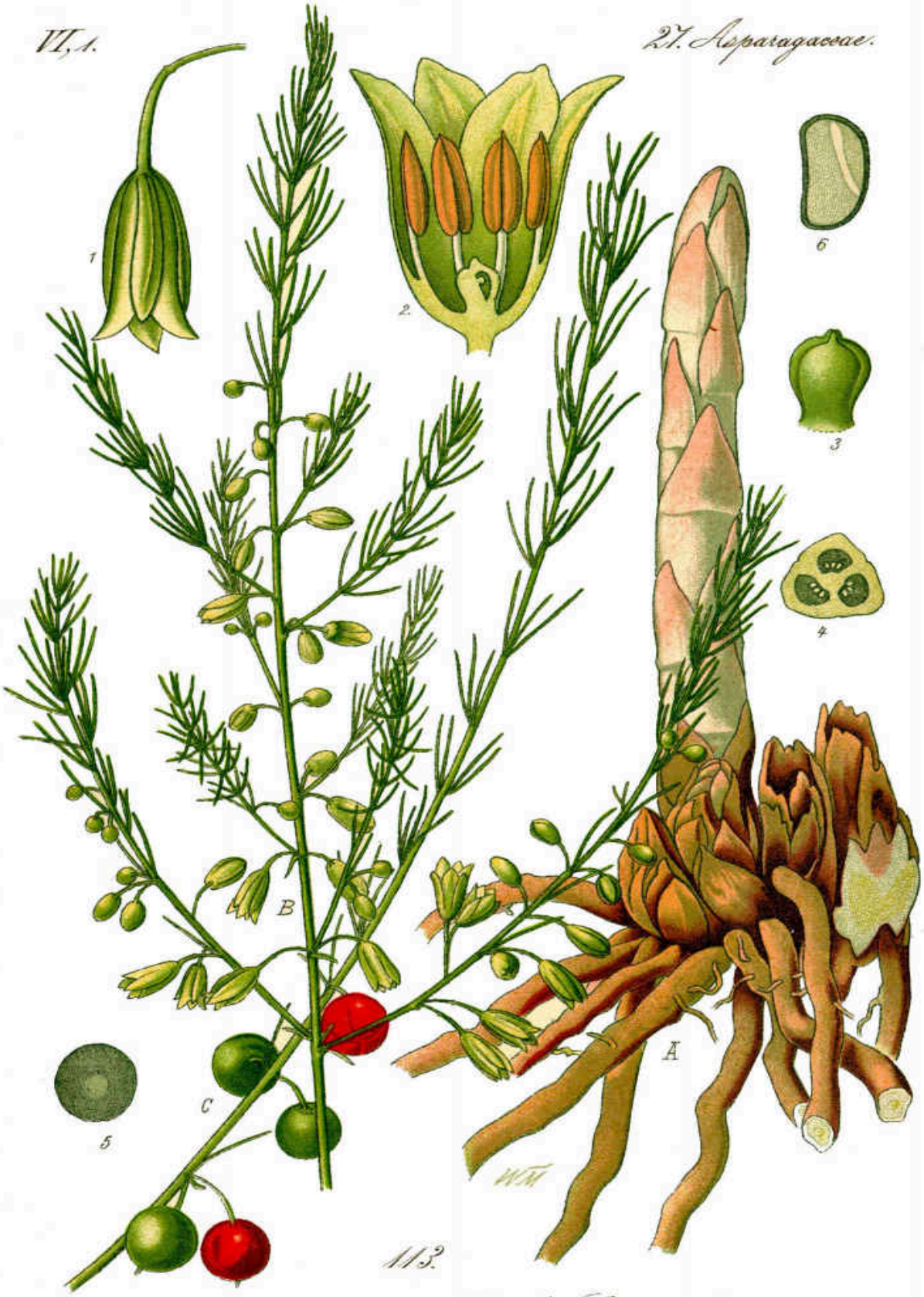
Image Source:By Thayne Tuason - Own work, CC BY-SA 4.0, https://commons.wikimedia.org/w/index.php?curid=66135013

(Aspargus Officinalis)

Edible parts: Shoots.

Location: Cultivated; Fertile, Sandy soils near Riverbanks and seashores

Too many shoots cause kidney irritation; Berries poisonous.



113.

Asparagus officinalis L. **Gemeiner Spargel.**

Source:https://upload.wikimedia.org/wikipedia/commons/0/0c/Illustration_Asparagus_officinalis0b.jpg

Beech Nut (Fagus Grandifolia)

Source: http://webpage.pace.edu/naturespace/American%20Beech2.htm

Edible: Nuts

Nut is edible raw, and tastes sweet. Nut Encased in Bur.

Location: Bottomland and Upland Forests

Source:

http://usinggeorgianativeplants.blogspot.com/2015/10/great-georgia-trees-american-beech.html

Source://usinggeorgianativeplants.blogspot.com/2015/10/great-georgia-trees-american-beech.html

Blackberries (Rubus Fruticosus)

Source:https://harvesttotable.com/blackberry_brambleberry_dewber/

Edible: Berries (When Dark Purple)
Locations: Fields, Waste Grounds, Meadows, Forest thickets

63678
Rubus frutic. var
Arlington Farm,
Rosslyn, Alex Co.
Va.
A. A. Newton,
7-30-1913

Blueberries (Vaccinium Corymbosum)

Source: By PhreddieH3 at English Wikipedia - Transferred from en.wikipedia to Commons., Public Domain, https://commons.wikimedia.org/w/index.php?curid=7004302

Edible: Berries (When blue)
Location: Fields and Forests

Source: https://commons.wikimedia.org/wiki/File:Vaccinium_corymbosum,_Mary_Vaux_Walcott_1922.png

Broadleaf plantain (Plantago Major)

source:https://www.remedes-de-grand-mere.com/les-fondamentaux/les-plantes-medicinales/plantain/

Edible: Entire plant. Young leaves, raw or cooked.
Old leaves better cooked. Seed can be ground into meal and mixed with flour. Dried leaves make healthy tea.

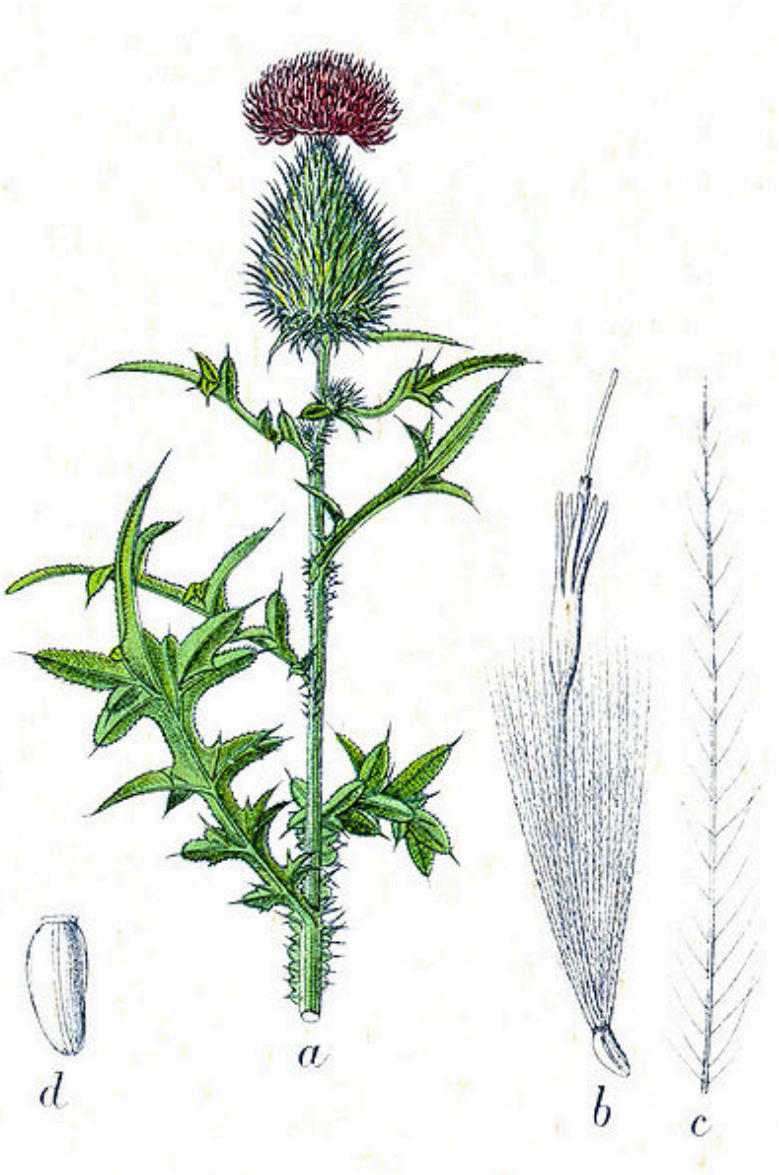
Location: Grows low to the ground, common in yards, lawns, gardens, fields, meadows, pastures and gardens.

Source: https://www.remedes-de-grand-mere.com/les-fondamentaux/les-plantes-medicinales/plantain/

Bull Thistle (Cirsium Vulgare)

source:https://commons.wikimedia.org/wiki/File:Spear_Thistle,_Cirsium_vulgare_-_geograph.org.uk_-_887970.jpg

Edible: Root, raw or cooked. Young flower stems, cooked. Young leaves may be eaten raw but prickles MUST BE REMOVED. Flowers may be cooked and eaten. Seeds best roasted. Locations: Prefers disturbed areas, waste ground, fields, pastures, roadsides, lawns.

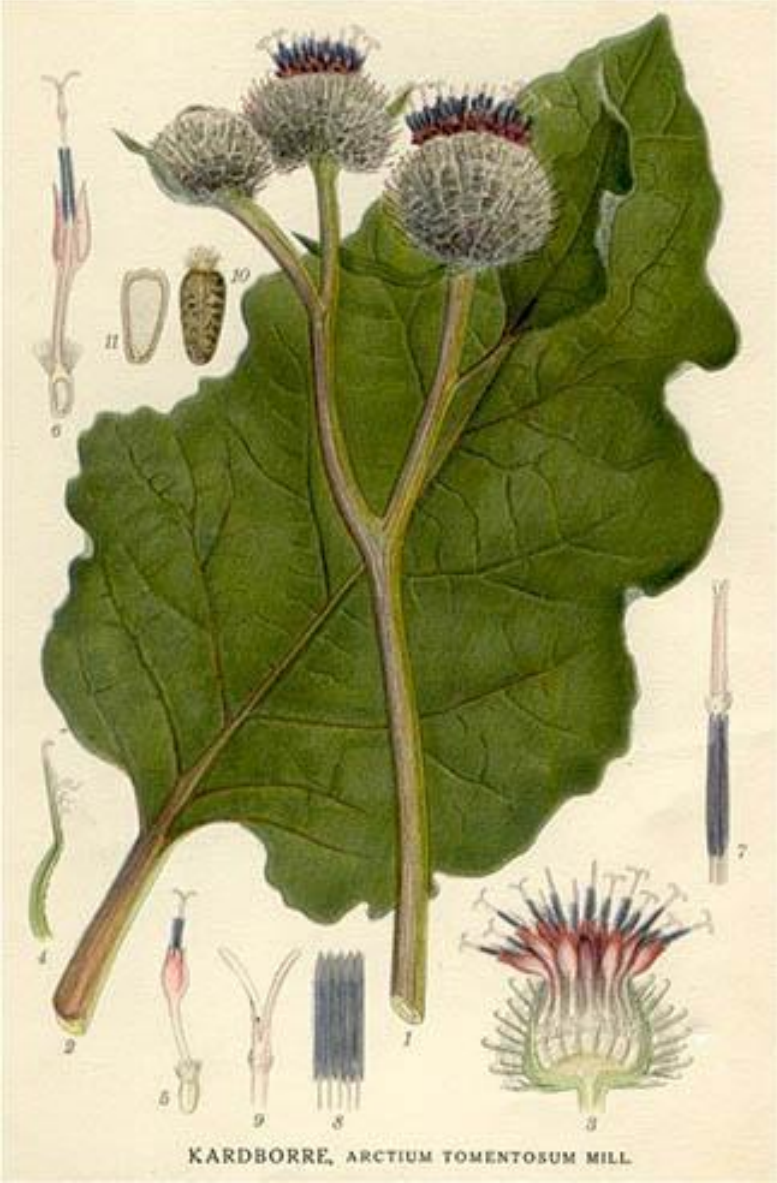


source:https://commons.wikimedia.org/wiki/File:Cirsium_vulgare_Sturm1.jpg

Burdock (Arctium Lappa)

source:https://en.wikipedia.org/wiki/Arctium_lappa#/media/File:ArctiumLappa1.jpg

Edible: First year roots, second year stems; Must be boiled for 20 minutes. Immature flower stalks taste like asparagus. Roots can be diced and dried; Produces a mildly sweet tea.
Locations Disturbed areas, lawns, riverbanks, thickets, roadsides and fields.



source:https://www.herbrally.com/monographs/burdock/

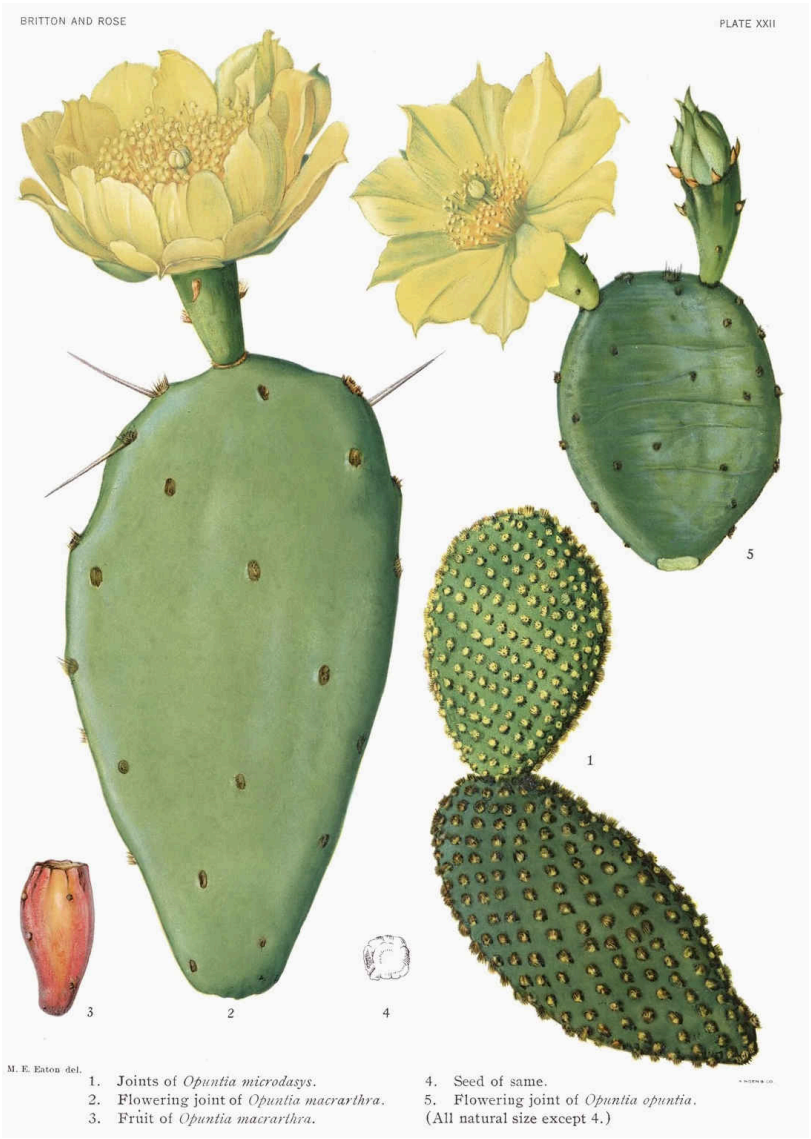
Cactus, Prickly Pear (Opuntia Humifusa)

source:https://en.wikipedia.org/wiki/Opuntia_humifusa#/media/File:Prickly_pear_MN_2007.JPG

Edible: Singe spines off with fire, glochids are poisonous; Cut Young pads into segments. Boil or Roast over fire. Can be fried in oil. Round black seeds inside fruit can be roasted and ground into flour. Red Fruit edible, raw or cooked.

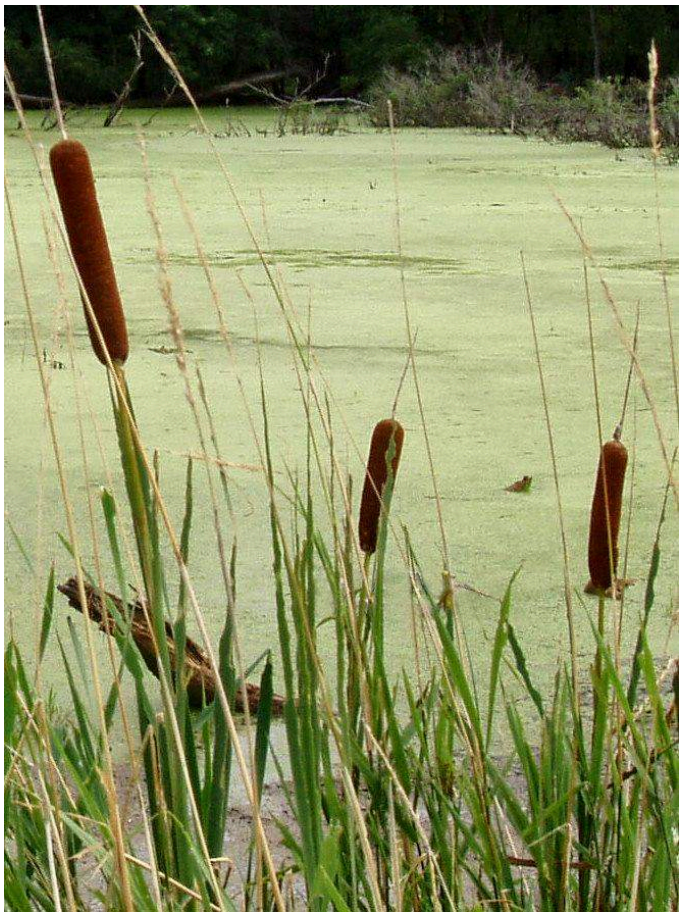
Locations: Dry sandy or rocky soils/area

source:https://www.opuntiads.com/opuntia-humifusa/



source:https://upload.wikimedia.org/wikipedia/commons/7/78/Opuntia12_filtered.jpg

Cattail (Typha)

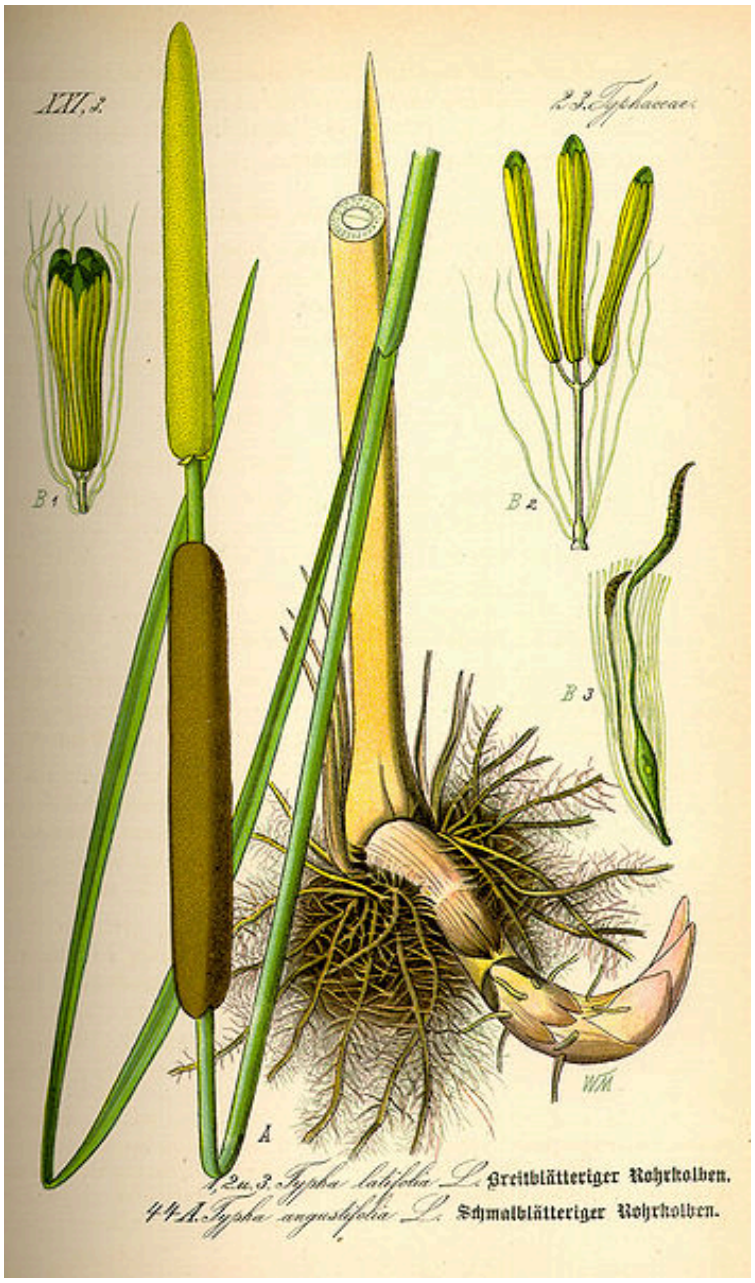


Source:https://en.wikipedia.org/wiki/Typha#/media/File:Typha-cattails-in-indiana.jpg

Edible: Lower parts of leaves raw, Young stems can be eaten raw or boiled; Young flowers (Typha heads) can be roasted; Pollen can be used as soup thickener; Root can be dried and pounded for flour; Young shoots can be boiled, taste like asparagus.

Locations: Moist soil near water. Lakes, ponds, river beds, swamps, wet thickets, and road ditches.

(Typha in the winter)
source:https://en.wikipedia.org/wiki/Typha#/media/File:Typha_with-without_cotton_like_seeds.jpg



Source:https://commons.wikimedia.org/wiki/File:Illustration_Typha_latifolia0.jpg

Chicory (Cichorium intybus)

source:https://commons.wikimedia.org/wiki/File:Cichorium_Intybus.jpg

Edible: Flowers(Can be blue, white, or pink) edible, though extremely bitter. Leaves and root edible raw or cooked.

Location: Open areas, roadsides, wastegrounds, fields.

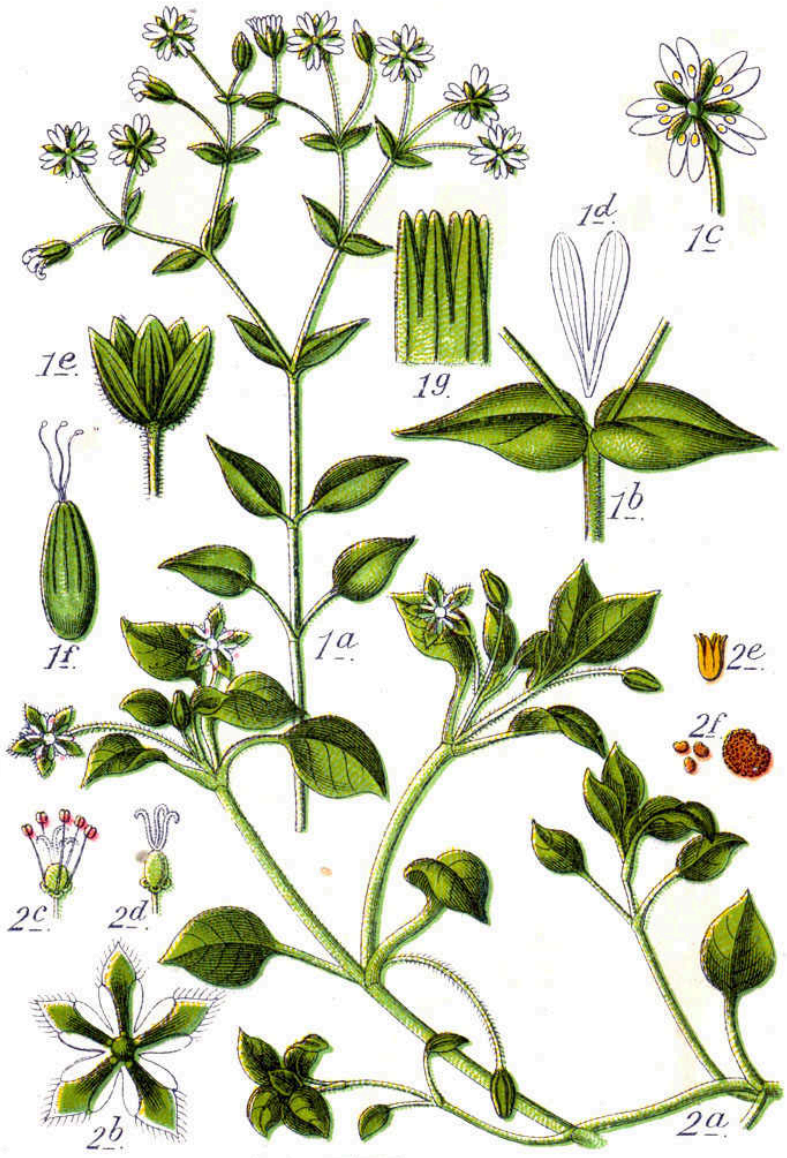
source:https://upload.wikimedia.org/wikipedia/commons/thumb/b/bf/Illustration_Cichorium_intybus0_clean.jpg/220px-Illustration_Cichorium_intybus0_clean.jpg

source:https://commons.wikimedia.org/wiki/File:189_Cichorium_intybus_L.jpg

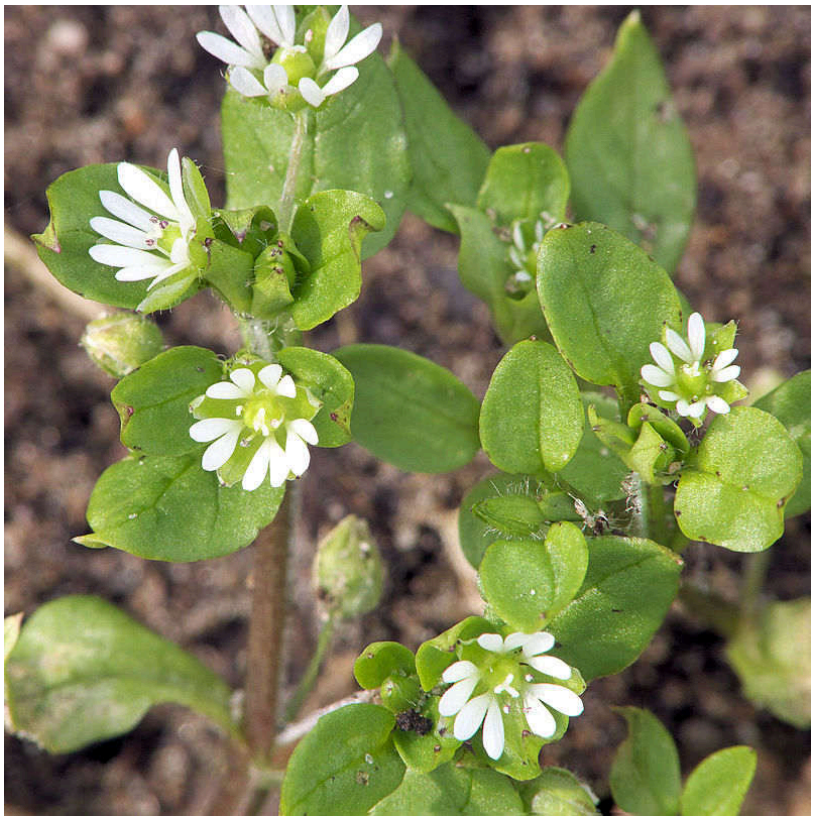
Chickweed (Stellaria Media)

source:https://en.wikipedia.org/wiki/Stellaria_media#/media/File:StellariaMedia001.JPG

Edible: Leaves, raw. Stems and flowers edible if boiled.
Locations: Lawns, fields, pastures, waste areas.



source:https://commons.wikimedia.org/wiki/Stellaria_media#/media/File:Stellaria_spp_Sturm5.jpg



source:https://commons.wikimedia.org/wiki/Stellaria_media#/media/File:Stellaria_media_(vogelmuur).jpg

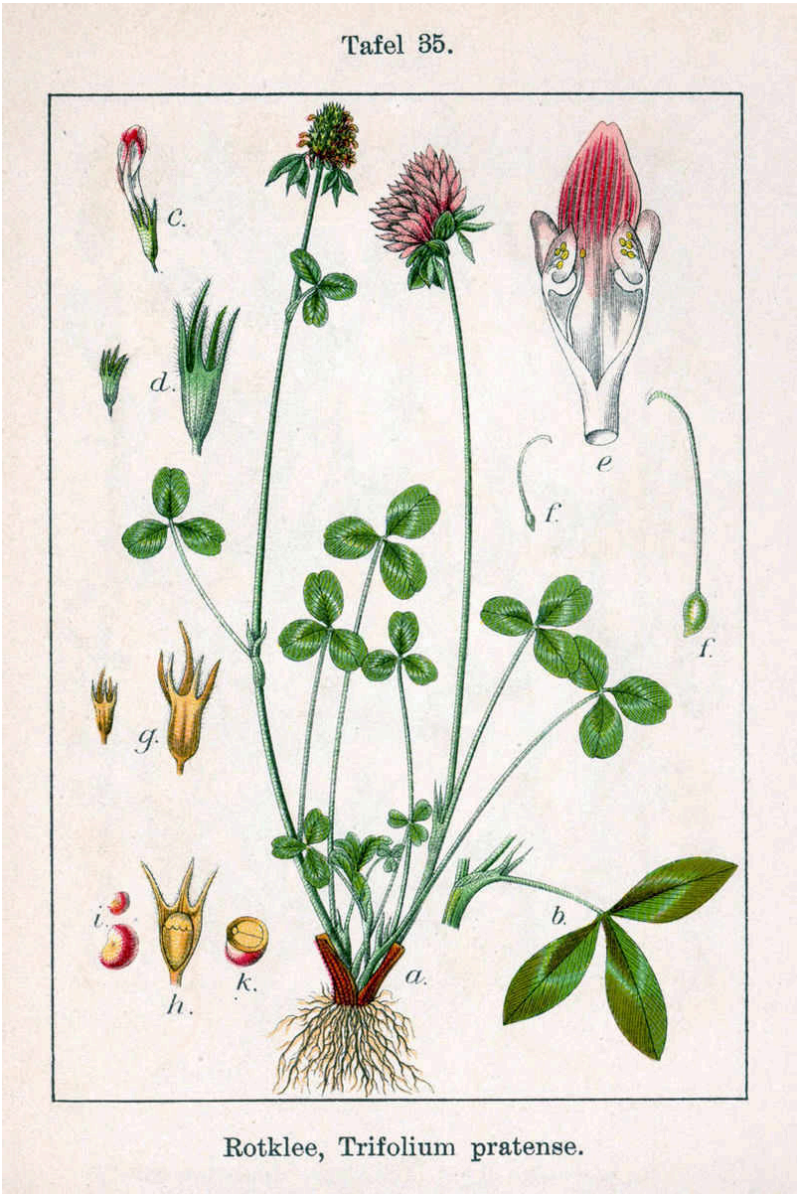
Clover, Red (Trifolium Pratense)

source:https://commons.wikimedia.org/wiki/Trifolium_pratense#/media/File:Trifolium_pratense_0.0_R.jpg

NOT FOR PREGNANT/NURSING MOTHERS

Edible: Leaves can be eaten raw, flower is the best part. Do NOT consume too many as they may cause bloating.

Location: Fields, pastures, lawns, grassy areas near the roadside, weedy meadows.



source:https://commons.wikimedia.org/wiki/Trifolium_pratense#/media/File:Trifolium_pratense_Sturm35.jpg

Trifolium pratense L.

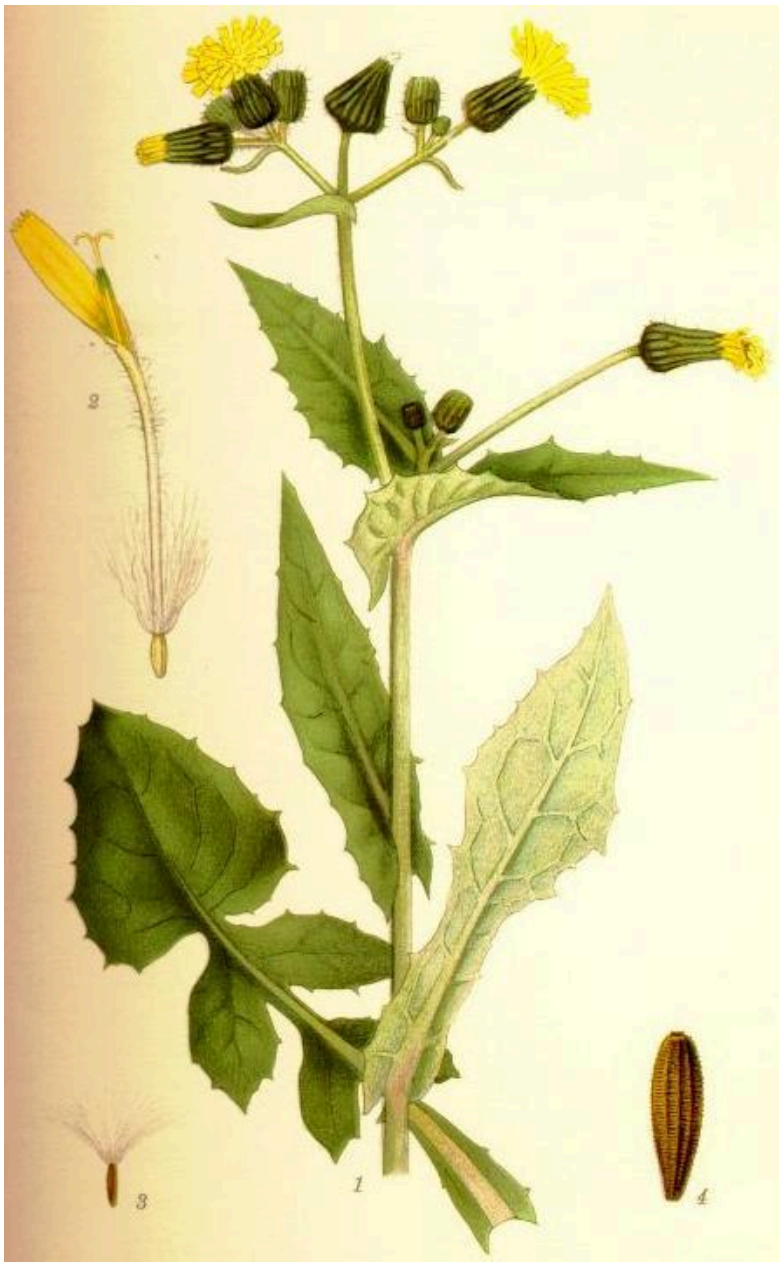
source:https://commons.wikimedia.org/wiki/Trifolium_pratense#/media/File:Cleaned-Illustration_Trifolium_pratense.jpg

Common Sow thistle (Sonchus oleraceus)

source:https://commons.wikimedia.org/wiki/Sonchus_oleraceus#/media/File:2006-11-16Sonchus_oleraceus03-03.jpg

Edible: Leaves, flowers raw; stems and roots, cooked/boiled. Locations: Fields, pastures, roadsides, waste areas, yards.

source:https://commons.wikimedia.org/wiki/Sonchus_oleraceus#/media/File:Sonchus_oleraceus_Sturm49.jpg

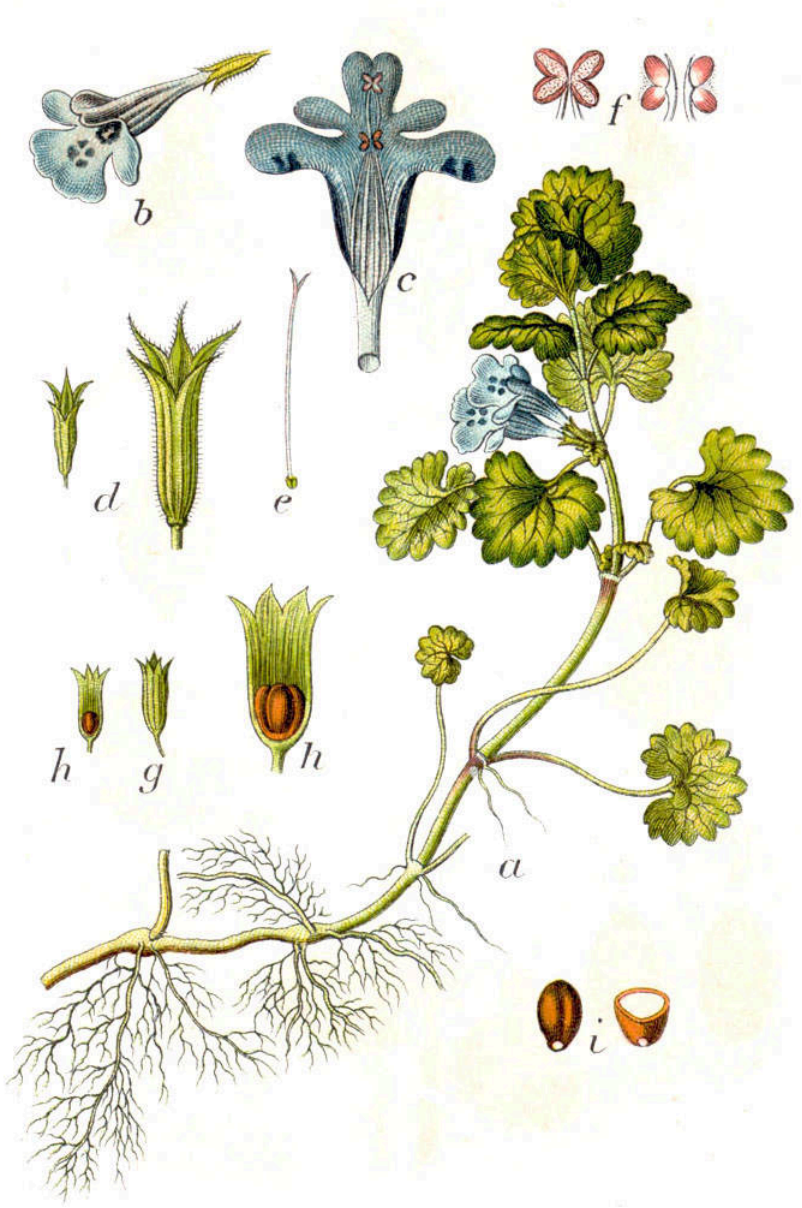


source:https://commons.wikimedia.org/wiki/Sonchus_oleraceus#/media/File:Sonchus_oleraceus_k%C3%A5lmolke.jpg

Creeping Charlie (Glechoma hederacea)

source:https://commons.wikimedia.org/wiki/Glechoma_hederacea#/media/File:Bluszczyk_kurdybanek001.jpg

Edible: Young leaves, raw or cooked. Mild mint flavor. Older leaves must be cooked. Dried leaves make excellent tea. Locations: Waste areas, shady locations, woodland margins.



source:https://commons.wikimedia.org/wiki/Glechoma_hederacea#/media/File:Glechoma_hederacea_Sturm27.jpg

source:https://commons.wikimedia.org/wiki/Glechoma_hederacea#/media/File:Illustration_Glechoma_hederacea0.jpg

Curly Dock (Rumex Crispus)

source:https://commons.wikimedia.org/wiki/Rumex_crispus#/media/File:RUMEX_CRISPUS_-_APIS_-_IB-115_(Paradella).JPG

Edible: Leaves can be cooked so long as they are green. Seeds can be eaten raw or cooked once brown. Seeds can be used as coffee substitute. Root can be boiled to make tea that acts as a laxative. Locations: Roadsides, pastures, fields.

source:https://commons.wikimedia.org/wiki/Rumex_crispus#/media/File:Rumex_crispus_Sturm52.jpg

source:https://commons.wikimedia.org/wiki/Rumex_crispus#/media/File:RUMEX_CRISPUS_-_APIS_-_IB-114_(Paradella).JPG

Dandelion (Taraxacum Officinale)

source: https://commons.wikimedia.org/wiki/Category:Taraxacum_officinale#/media/File:Dandelion_(3483575184).jpg

Edible: Leaves, roots and flower. Roasted root acts as coffee substitute. Too much consumption acts as a laxative. Roots and leaves can be dried and stored and used as tea.
Locations: Waste Areas, lawns, roadsides, fields, wood margins, virtually everywhere.

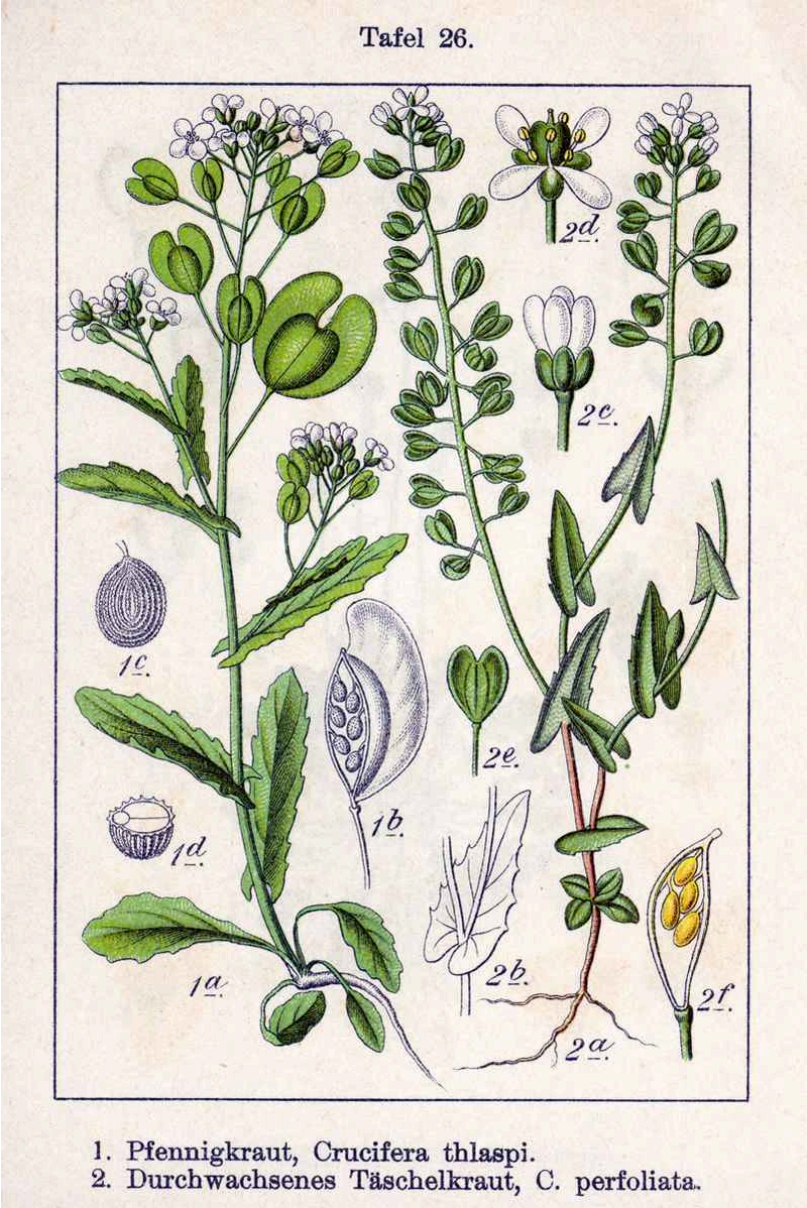
source:https://commons.wikimedia.org/wiki/Category:Taraxacum_officinale#/media/File:Taraxacum_officinale_plant1_(16376722765).jpg

source:https://commons.wikimedia.org/wiki/Category:Taraxacum_officinale#/media/File:Taraxacum_officinale_plant6_(16375803122).jpg

Field Pennycress (Thlaspi arvense)

source:https://commons.wikimedia.org/wiki/Thlaspi_arvense#/media/File:Thlaspi_arvense.jpeg

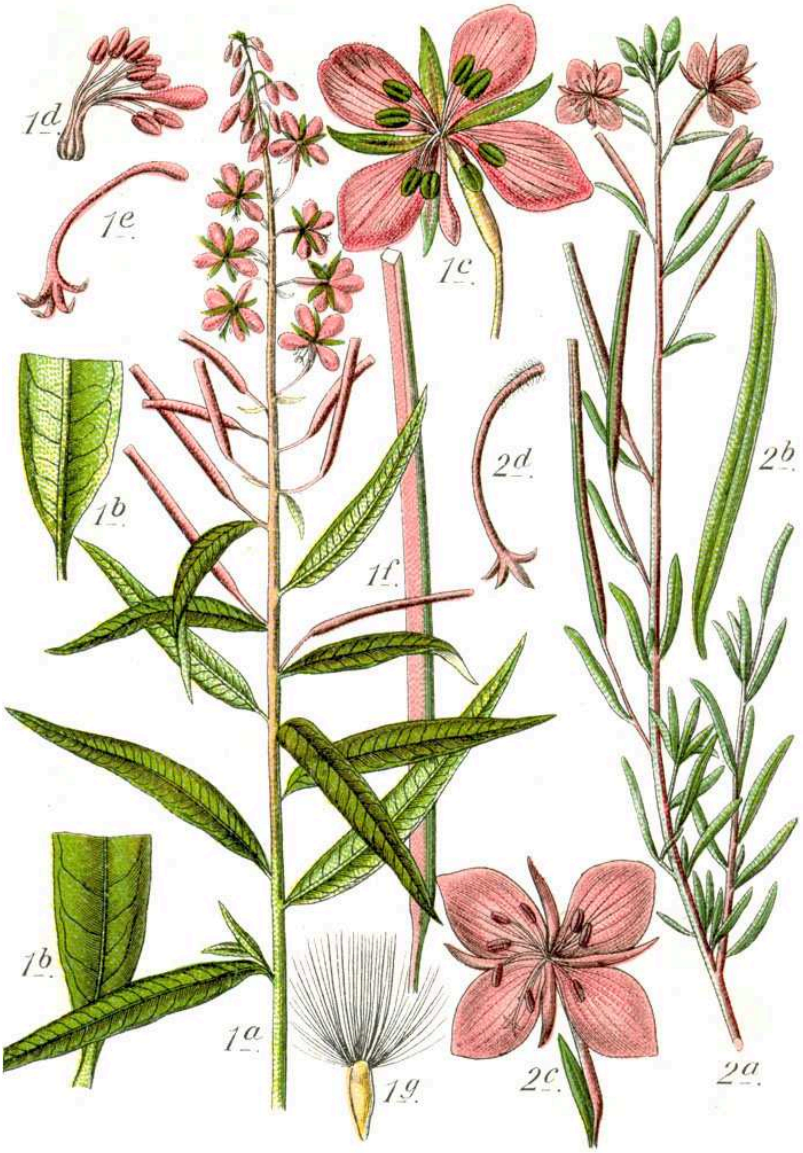
Edible: Young leaves cooked or raw. Quite rich in protein for a leaf.
Locations: Waste ground, disturbed sites, roadsides, railroads, pastures.



source:https://commons.wikimedia.org/wiki/Thlaspi_arvense#/media/File:Thlaspi_spp_Sturm26.jpg

Fireweed (Chamerion angustifolium)

source: https://commons.wikimedia.org/wiki/Chamerion_angustifolium#/media/File:Chamerion_angustifolium_6373.JPG



source:https://commons.wikimedia.org/wiki/Chamerion_angustifolium

source:https://commons.wikimedia.org/wiki/Chamerion_angustifolium#/media/File:Chamerion_angustifolium_002.JPG

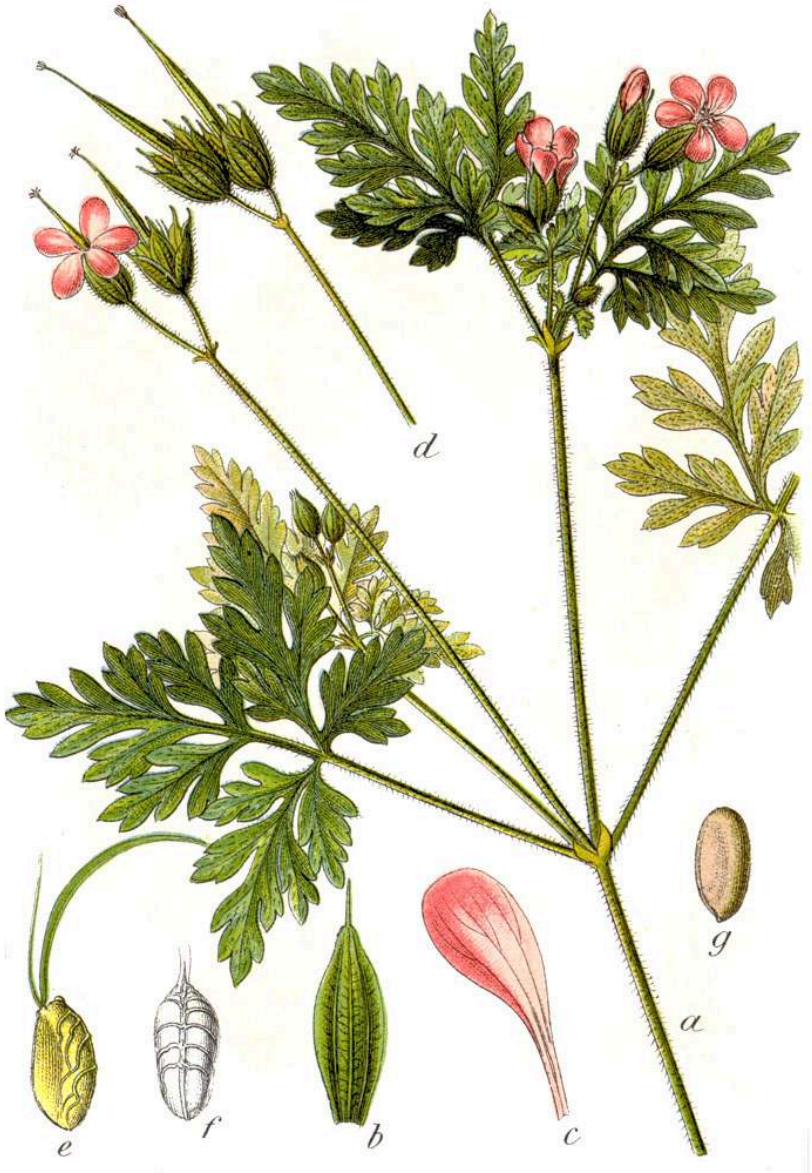
Edible: Young leaves(Raw) and shoots(Cooked). Older leaves and shoots too tough to digest. Young shoots can be boiled for an asparagus substitute.
Locations:Partially shaded areas, rocky areas, sunny meadows, woodland margins, and roadsides.

Herb Robert (Geranium Robertianum)

Source: https://commons.wikimedia.org/wiki/Geranium_robertianum#/media/File:Geranium_Robertianum_-_Complete_View.jpg

source:https://commons.wikimedia.org/wiki/Geranium_robertianum#/media/File:GERANIUM_ROBERTIANUM_-_TORA.JPG

source:https://commons.wikimedia.org/wiki/Geranium_robertianum#/media/File:Geranium_robertianum_s._str._sl7.jpg



source:https://commons.wikimedia.org/wiki/Geranium_robertianum#/media/File:Geranium_robertianum_Sturm7.jpg

Edible: Leaves can be eaten raw or boiled into a tea; Root, leaves, or flower can be dried and stored for tea.

Medicinal use: Rubbing leaves on skin repels mosquitos.

Locations: Prefers moist and shady areas. Rocky outcrops in the shade, can be found in moist undergrowth.

Joe Pye Weed (Eupatorium purpureum)

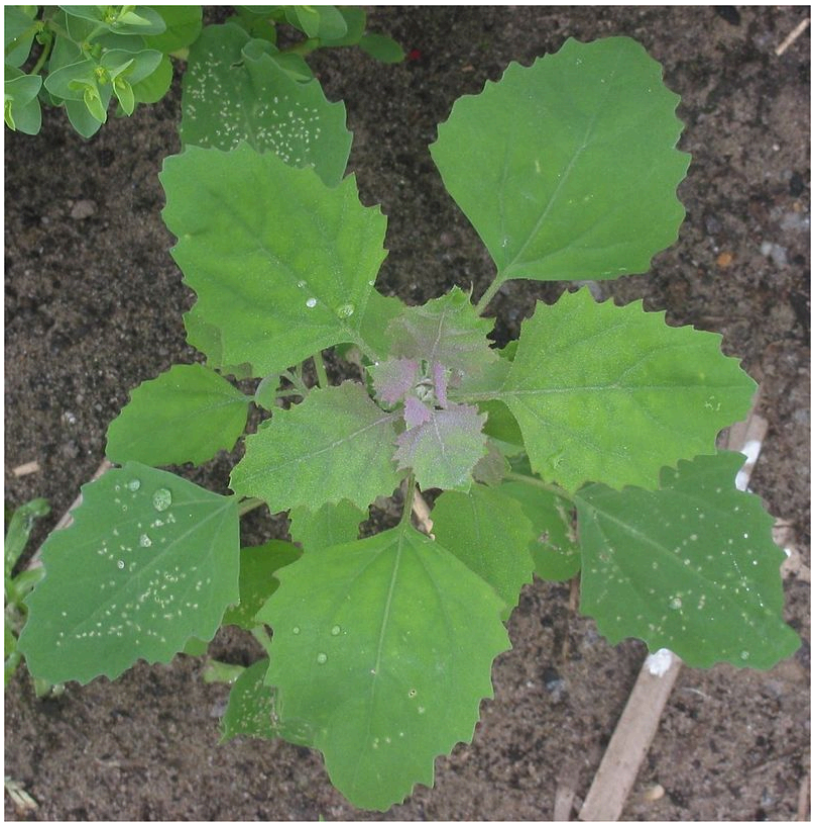
source:https://commons.wikimedia.org/wiki/Eutrochium_purpureum#/media/File:Eupatorium_purpureum1.jpg

source:https://commons.wikimedia.org/wiki/Eutrochium_purpureum#/media/File:Eupatorium-purpureum2.JPG

Edible:Entire plant, root included. Flowers can be used for tea. Leaves and roots can be harvested in summer and used later for beverages.

Locations: Moist fields, Moist swamps, Moist woods, Moist areas, and near streams in general.

Lamb’s Quarters (Chenopodium Album)



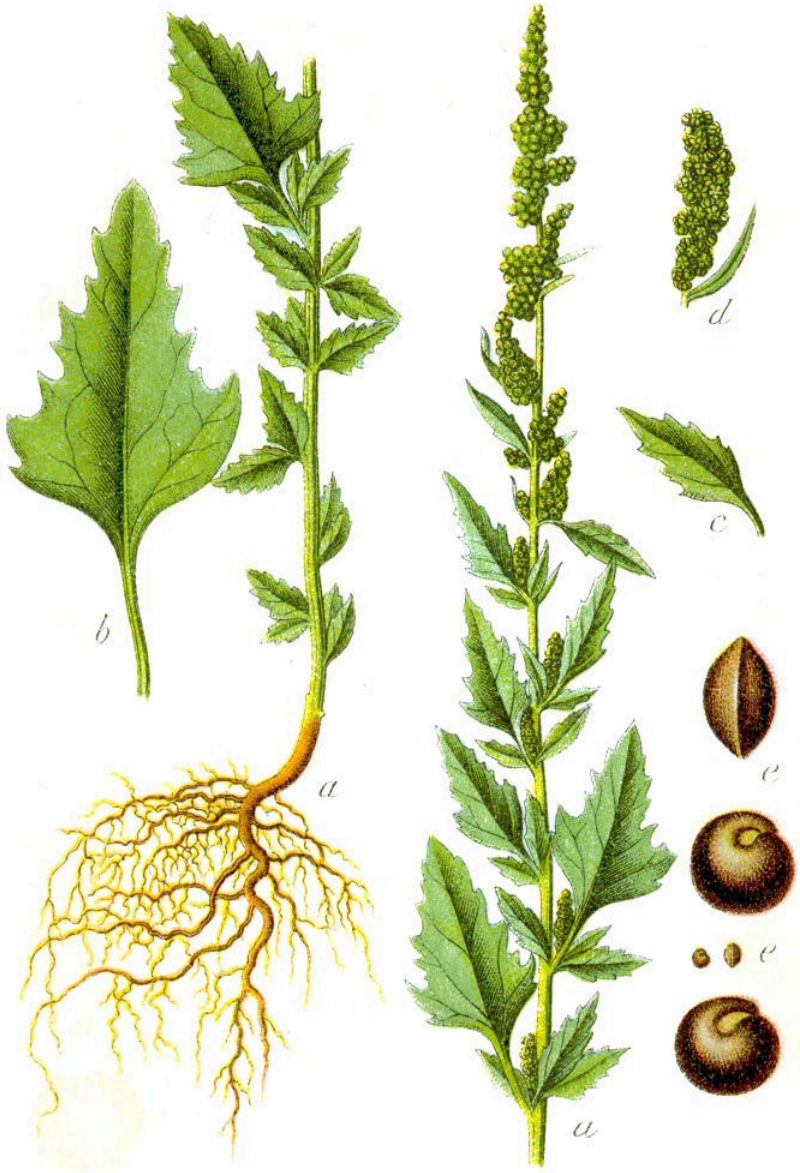
source:https://commons.wikimedia.org/wiki/Chenopodium_album#/media/File:Melganzenvoet_eironde_bladeren_Chenopodium_album.jpg

source:https://commons.wikimedia.org/wiki/Chenopodium_album#/media/File:20140812Chenopodium_album.jpg

source:https://commons.wikimedia.org/wiki/Chenopodium_album#/media/File:20140624Chenopodium_album.jpg

source:https://commons.wikimedia.org/wiki/Chenopodium_album#/media/File:ChenopodiumAlbum001.JPG

Edible: Saponins in seeds are potentially toxic and therefore while edible, seeds should not be consumed in large amounts.
Leaves, flowers, and shoots all have oxalates which must be boiled, steamed or cooked out before consuming.
Locations: Yards, gardens, near streams and rivers, fields, waste places and forests. Extremely hardy.



source:https://commons.wikimedia.org/wiki/Chenopodium_album#/media/File:Chenopodium_album_Sturm27.jpg

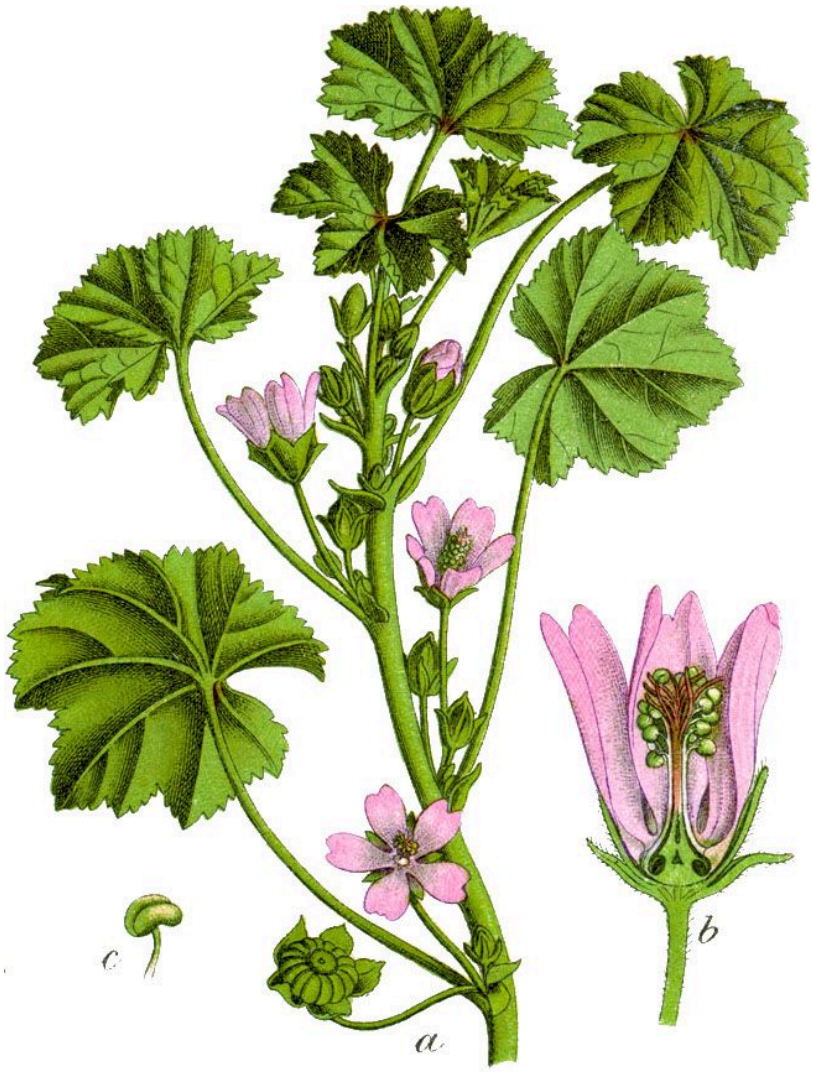
Mallow (Malva Neglecta)

source:https://commons.wikimedia.org/wiki/Malva_neglecta#/media/File:20140202Malve_Neulussheim.jpg

Edible: All parts are edible, raw or cooked. Dried leaves can be used for tea. Mallow leaves are incredibly rich in vitamins: C and A as well as calcium, potassium, iron, and magnesium.
Locations: Lawns, Roadsides, Garden, Waste areas.

source:https://commons.wikimedia.org/wiki/Malva_neglecta#/media/File:Malva_neglecta_sl19.jpg

source:https://commons.wikimedia.org/wiki/Malva_neglecta#/media/File:Malva-neglecta-20070428.jpg



source:https://commons.wikimedia.org/wiki/Malva_neglecta#/media/File:Malva_neglecta_Sturm 64.jpg

Nettle, Stinging (Urtica dioica)

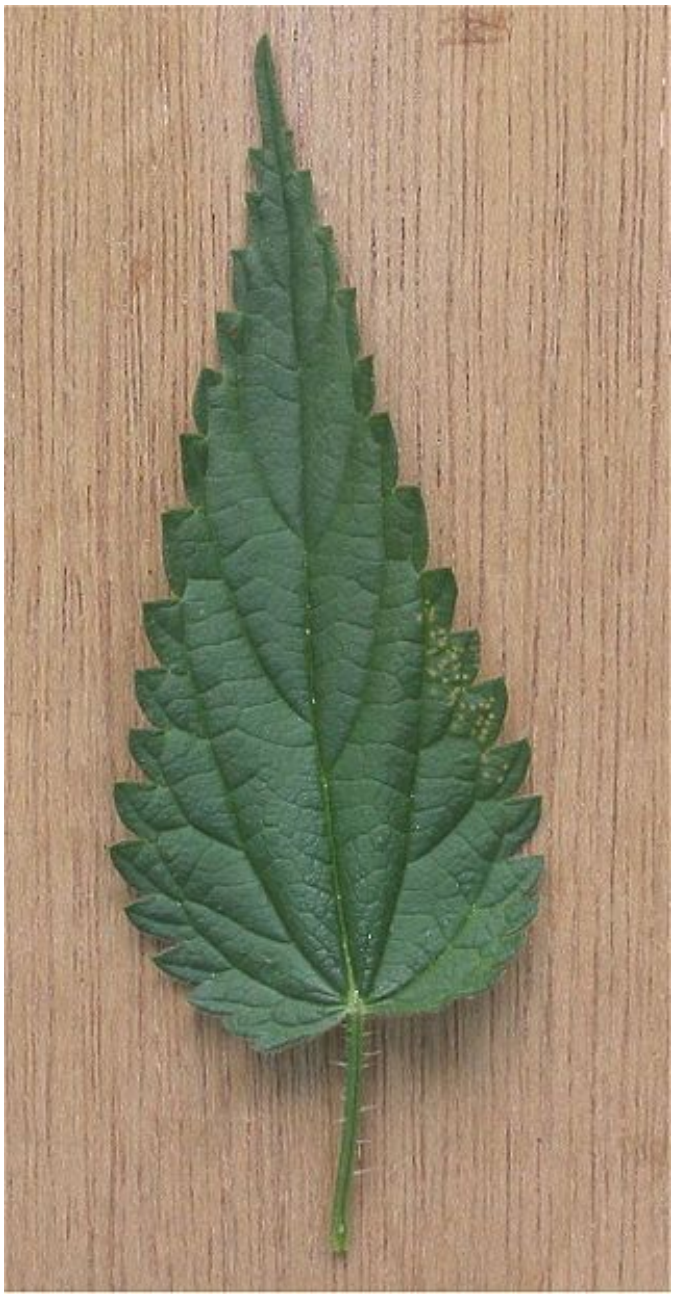
source:https://commons.wikimedia.org/wiki/Urtica_dioica#/media/File:Urtica_dioica06_ies.jpg

WARNING: HURTS LIKE HELL; Do NOT touch barehanded. Great for cordage; nettle is full of strong fibers. Run nettle through flame to singe off stingers before handling bare handed.

Edible: Never eat any part of nettle raw. Roast or boil the leaves, stems or root. Entire plant is edible, and when the leaves are boiled they taste like spinach.
Medicinal:Make tea from the leaves; tea is rich in Iron and helps urinary problems.
Location: Moist woods, thickets, shaded trails and riversides.

source:https://commons.wikimedia.org/wiki/Urtica_dioica#/media/File:Urtica_dioica07_ies.jpg

Source:https://commons.wikimedia.org/wiki/Urtica_dioica#/media/File:Stinging_Nettles_3.jpg



source:https://commons.wikimedia.org/wiki/Urtica_dioica#/media/File:Grote_brandnetel_blad_Urtica_dioica.jpg

source:https://commons.wikimedia.org/wiki/Urtica_dioica#/media/File:Illustration_Urtica_dioica0_clean.jpg

source:https://commons.wikimedia.org/wiki/Urtica_dioica#/media/File:Urtica_dioica_Nagy_csal%C3%A1n.jpg

Oak, White (Quercus Alba)

source:https://en.wikipedia.org/wiki/Quercus_alba#/media/File:2014-11-02_11_37_14_White_Oak_foliage_during_autumn_along_Lower_Ferry_Road_in_Ewing,_New_Jersey.JPG

(Bark of Quercus Alba)

source:https://commons.wikimedia.org/wiki/Quercus_alba#/media/File:White_Oak_Quercus_alba_Tree_Bark_3264px.jpg

(acorns of Quercus Alba)

source:https://commons.wikimedia.org/wiki/Quercus_alba#/media/File:Quercus_alba_acorn.jpg

Edible: Acorns must be de-shelled and left in running stream for several days to remove tannin. Acorns are edible once the water from them drips clear. Dried acorns can be ground into powder and stored for the winter. Cannot eat acorns raw. You can save the tannin rich soaking water for applying to rashes and areas affected by poison ivy. Throw away any acorns that float.

Locations: Woodland areas from Canada to Florida

Medicinal: Native Americans considered the oak a sacred tree. Its leaves can be boiled in water or crushed and placed on wounds and stings to reduce swelling and to disinfect the wound. Natives used oak to treat bleeding, swelling, dysentery, and tumors. Oak is an astringent, anti-inflammatory, anti-viral, anti-tumor, fever reducing, antiseptic. It was also used by natives to rid the body of parasites.
Decoctions of root bark from the oak tree can be used for mouth sores and bleeding gums, as well as sore throats; use as a mouthwash. Decoctions have been used as douches to treat vaginal infections, as well as drank in small amounts for internal ulcers. Compresses of decoctions have been used to shrink hemorrhoids.
Finely ground inner bark powder can be sprinkled on wounds to aid in healing.
Poultices in the field can be created by crushing leaves until soft and placing on the wound to reduce bleeding, swelling, and skin irritation.
Soak water from acorns is tannin rich and can be applied to minor burns, skin rashes, and poison ivy affected areas to reduce symptoms and aid healing.

White oak is one of many species of oaks across North America. All oaks have medicinal properties.

Pineapple weed (Matricaria Matricarioides)

source: https://commons.wikimedia.org/w/index.php?search=Pineapple+weed&title=Special%3ASearch&go=Go#/media/File:Pineapple_weed.jpg

Edible: Leaves, stems, and flowers. Eaten raw. Flowers can be dried and ground up to make flour.

Locations: Waste areas, driveways, yards, disturbed soil, near dirt paths.

source:https://commons.wikimedia.org/w/index.php?search=Pineapple+weed&title=Special%3ASearch&go=Go#/media/File:SKPineappleWeed.jpg

source:https://plants.usda.gov/core/profile?symbol=MADI6#

Plantain, Rugel's (Plantago Rugelii)

source:https://www.ediblewildfood.com/rugels-plantain.aspx

source:https://www.ediblewildfood.com/rugels-plantain.aspx

source:https://www.ediblewildfood.com/rugels-plantain.aspx

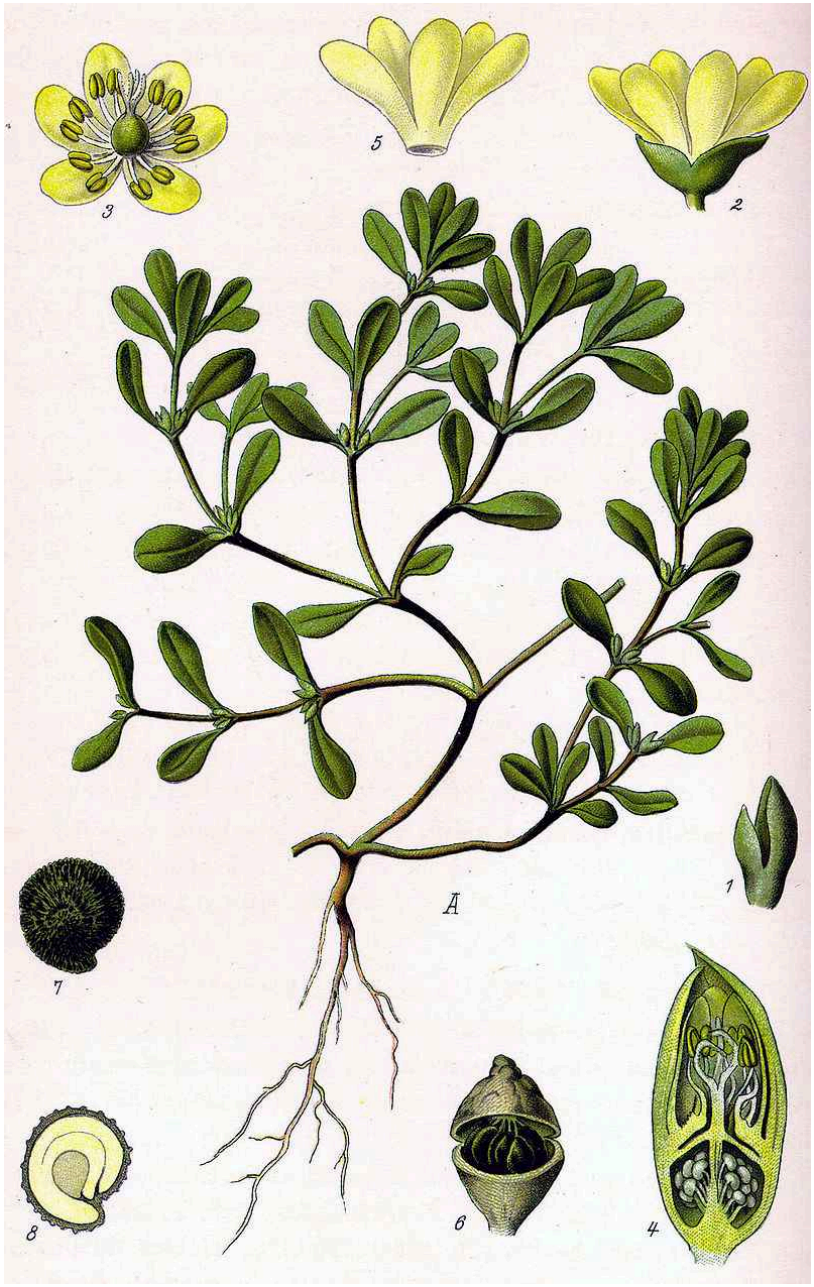
Edible: Young leaves are best, mature leaves rather stringy and bitter.

***Location: Grows on waste ground, lawns, and moist areas*.**

Purslane (Portulaca oleracea)

source: https://commons.wikimedia.org/wiki/Portulaca_oleracea#/media/File:Portulaca_oleracea_stems.jpg

source:https://commons.wikimedia.org/wiki/Portulaca_oleracea#/media/File:Portulaca_oleracea_g1.jpg



source:https://commons.wikimedia.org/wiki/Portulaca_oleracea#/media/File:Illustration_Portulaca_oleracea0.jpg

source:https://commons.wikimedia.org/wiki/Portulaca_oleracea#/media/File:Portulaca_oleracea_Blanco1.164-cropped.jpg

Edible: Leaves, flowers and stems. Raw or cooked.
Location: Flowerbeds, waste ground, fields, roadsides.

WARNING: Purslane has a cousin that is called the Hairy-stemmed Spurge (Euphorbia vermiculata) that bares similar resemblance to purslane. Hairy spurge can be distinguished from purslane by a milky sap the oozes from the stem when you break and squeeze it.

Sassafras

source: https://nature.mdc.mo.gov/discover-nature/field-guide/sassafras

Edible: Roots can be boiled for a root beer flavored tea.

Warning: Sassafras has carcinogenic properties; Do not consume unless necessary.

Medicinal: Sassafras leaves ward off mosquitos, using the leaves for bedding in your shelter is a good idea.

source:https://www.fs.fed.us/ne/morgantown/4557/gypsymth/h931.html

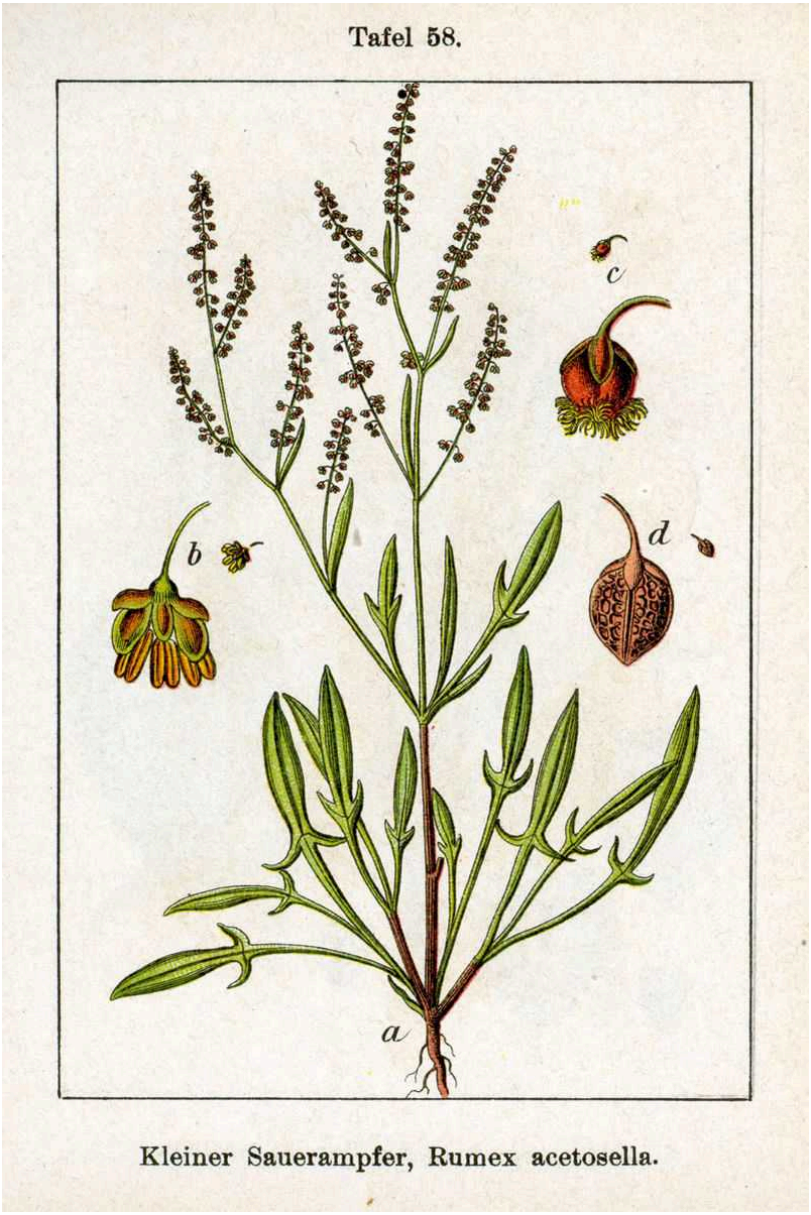
Sheep Sorrel (Rumex acetosella)

source:https://commons.wikimedia.org/wiki/Rumex_acetosella#/media/File:Smaasyre01.jpg

Edible: Leaves, raw or cooked. Lemon tang flavor. Seeds, raw or cooked.
Locations: Sandy soils, grows where blueberries can be found.

source:https://commons.wikimedia.org/wiki/Rumex_acetosella#/media/File:Rumex_acetosella_Podkomorsk%C3%A9_lesy.jpg

source:https://commons.wikimedia.org/wiki/Rumex_acetosella#/media/File:Starr_050831-4255_Rumex_acetosella.jpg



source:https://commons.wikimedia.org/wiki/Rumex_acetosella#/media/File:Rumex_acetosella_Sturm58.jpg

Thistle, Milk (Silybum marianum)

source:https://commons.wikimedia.org/wiki/Silybum_marianum#/media/File:2006-10-22Silybum_marianum01.jpg

Edible: Young leaves, roots, stalks and flowers can all be eaten after removing spines. Flowers must be cooked; Young leaves and stalks may be eaten raw. Roots are best cooked. Roasted seeds work as a coffee substitute. Leeching may help with bitterness.
Locations: Waste ground, rocky areas, lawns and gardens. Prefers dry soil. Common on roadsides.

source:https://commons.wikimedia.org/wiki/Silybum_marianum#/media/File:Silybum_marianum-2.jpg

source: https://commons.wikimedia.org/wiki/Silybum_marianum#/media/File:XN

_Silybum_marianum_95.jpg

source:https://commons.wikimedia.org/wiki/Silybum_marianum#/media/File:Illustration_Silybum_marianum0.jpg

Thistle, Sow (*Sonchus arvensis)*

source:https://commons.wikimedia.org/wiki/Sonchus_arvensis#/media/File:Bl%C3%BChende_Acker-G%C3%A4nsedistel.JPG

source:https://commons.wikimedia.org/wiki/Sonchus_arvensis#/media/File:Sonchus_arvensis_plant1.jpg

Often confused with Dandelion.
Edible: Leaves, flowers, roots, all edible. Like Dandelion, root can be roasted for coffee substitute.
Best consumed when plant is still young. You'll have to boil or steam older plants to remove taste. Leaf spines will have to be removed before consumption. Excellent source of Vitamin C.
Locations: Roadsides, waste ground, pastures, fields, nearly everywhere.

source:https://commons.wikimedia.org/wiki/Sonchus_arvensis#/media/File:Sonchus_arvensis_Helgoland.JPG

source:https://commons.wikimedia.org/wiki/Sonchus_arvensis#/media/File:Illustration_Sonchus_arvensis0.jpg

Toothwort, Broadleaved (Dentaria diphylla)

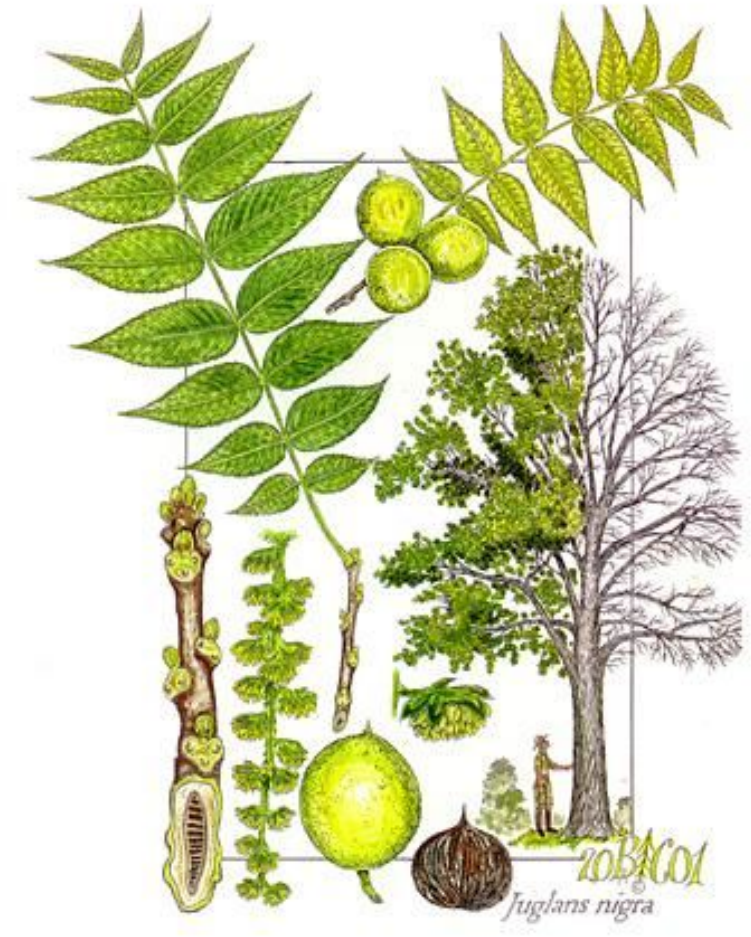
source:https://commons.wikimedia.org/w/index.php?search=Dentaria+diphylla&title=Special%3ASearch&go=Go#/media/File:Toothwort_(Dentaria_diphylla).jpg

source:http://wisflora.herbarium.wisc.edu/taxa/index.php?taxon=2874

Edible: Leaves and roots are edible both raw and cooked.
Location: Moist soiled woodlands

source:http://www.thismia.com/C/Cardamine_diphylla.html

Walnut, Black



source:https://www.asba-art.org/sites/default/files/styles/single_view_gallery/public/member-gallery/CunnBr-1_0.jpg?itok=BtSCaalG

Edible: Walnuts can be found on the ground around the tree late fall. The hulls inside of the green husk can be busted open to harvest the meat inside.

Walnuts were used by natives to poison fish.

Watercress (Nasturtium officinale)

source:https://commons.wikimedia.org/wiki/Nasturtium_officinale#/media/File:Nasturtium_officinale_(s._str.)_sl6.jpg

source:https://commons.wikimedia.org/wiki/Nasturtium_officinale#/media/File:Nasturtium_officinale_(s._str.)_sl7.jpg

source:https://commons.wikimedia.org/wiki/Nasturtium_officinale#/media/File:Nasturtium_officinale_(s._str.)_sl12.jpg

Edible: Leaves and stems; Cooked either boiled or roasted. Giardia and other parasites and bacteria may be in raw watercress. Always cook it.

Locations: Streams, ponds, standing water, slow moving water.

source:https://commons.wikimedia.org/wiki/Nasturtium_officinale#/media/File:Nasturtium_officinale_(s._str.)_sl23.jpg

source:https://commons.wikimedia.org/wiki/Nasturtium_officinale#/media/File:Illustration_Nasturtium_officinale0.jpg

Wild Garlic (Allium vineale)

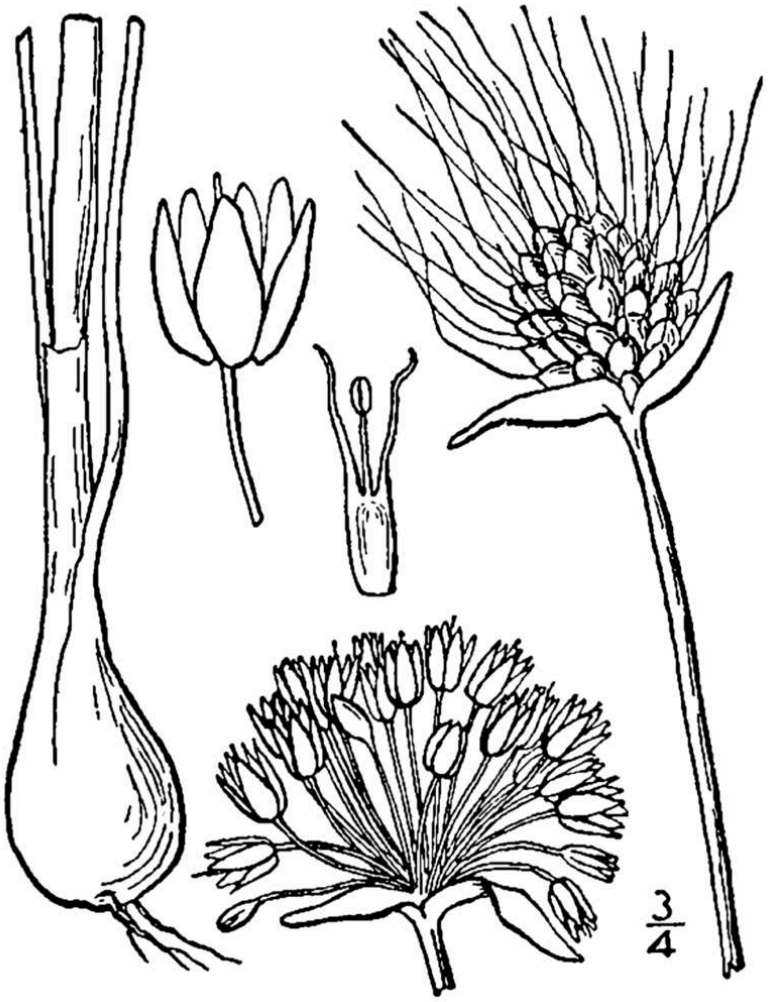
source:https://commons.wikimedia.org/wiki/Allium_vineale#/media/File:Allium_vineale_early_spring_001.JPG

Edible: Dig the tuber out of the ground. It should either have a strong onion or garlic smell. No smell means that it is likely poisonous. Can be eaten raw or cooked.

Location: Waste Ground, forest, woodlands, pretty much everywhere.

source:https://commons.wikimedia.org/wiki/Allium_vineale#/media/File:Allium_vineale_Pillnitz.jpg

source:https://commons.wikimedia.org/wiki/Allium_vineale#/media/File:Allium_vineale_sl1.jpg



source:https://commons.wikimedia.org/wiki/Allium_vineale#/media/File:Allium_vineale_drawing.png

Wood Sorrel (*Oxalis stricta)*

source:https://commons.wikimedia.org/wiki/Oxalis_stricta#/media/File:Oxalis_stricta_flowers_and_foliage_002.JPG

Edible: Entire plant can be eaten raw or cooked. Delicious flavor. Mildly sour. Can be used to make tea which helps relieve indigestion in moderate doses. Great source of vitamin C.
Astringent.

Locations: Shaded, moist soils. Often found near wild onions, common on forest floors near the bases of trees.

source: https://commons.wikimedia.org/wiki/Oxalis_stricta#/media/File:Stijve_klaverzuring_Oxalis_fontana_(1).jpg

source:https://commons.wikimedia.org/wiki/Oxalis_stricta#/media/File:Oxalis_stricta0.jpg

NEVER EAT ANY PLANT WITHOUT KNOWING ALL OF THE POSSIBLE RISKS.
DO NOT EAT A PLANT WITHOUT POSITIVELY IDENTIFYING IT.
PLANTS ON THIS LIST MAY REQUIRE EXTRA PREPARATION TO BECOME EDIBLE.
SOME PLANTS MAY BE TOXIC UNLESS COOKED.
IT IS YOUR RESPONSIBILITY TO DETERMINE WHAT IS SAFE TO EAT.
IF YOU ARE UNSURE, DON'T EAT IT.

THINK LIKE A CAVEMAN

The last thing you need to do in the wild is panic. Sit down, remain calm and think through what is going on. Don't get up from that spot without an action plan. Our ancestors survived barehanded without modern equipment for thousands of years. With this knowledge, now you can too. You can do this.

Prioritize what you need to do. This can be prioritize about shelter, fire, food, or water.

Decide what is most urgent. Oftentimes procuring water is your main priority. Depending on the weather, shelter or fire could become your main priority. While food may be your first worry, that will come with time. If you're a diabetic, then prioritize food as soon as you possibly can.

Priorities change. Pay attention to what must be done first, Then do it.

Think. Think about which direction you came from. Think about possible man-made trails that you could get to in the area. Think about nearby rivers. Our ancestors survived because they used their head. Use yours.

Follow the river following a river downstream will often times lead you to civilization. You don't have to be a former Green beret to know how to navigate. Just pay attention to your surroundings and remain calm.

Improvise. Find other uses for things around you. Pick up something and see how many different things you can do with it. It's using this creativity that will help you adapt and overcome changing conditions.

Find safe elevation if you cannot find a trail or river, get to a high point and scan the surrounding area for sight of man made structures. Remember any that you might see, and head in that direction. You might have phone service at an elevation, if you do, contact someone for help.

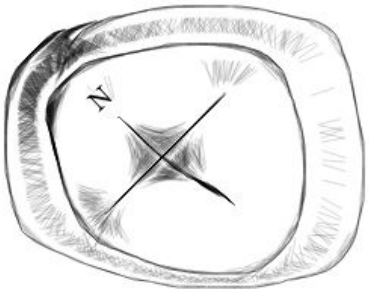
Make camp immediately if in extreme temperatures. Do NOT force yourself onward. It is easy to over exert and die due to heat exhaustion or hypothermia. Prioritize getting warm if in the cold, find shade if in the heat.

If spotted by aircraft or contacting emergency services on the phone, stay where you were last seen by aircraft. Your phone likely sent out a GPS signal from where you last called from. Emergency services will use that location to find you.

Do what you have to do to survive. Force yourself to eat insects. Get rid of any squeamishness you have about eating rat. Being picky in a survival scenario is risking your

survival.

Exercise in frigid temperatures to keep warm. This will keep you from freezing to death without fire. Try not to sweat though, as you could worsen your situation by making your



clothes wet. Get fire ASAP.

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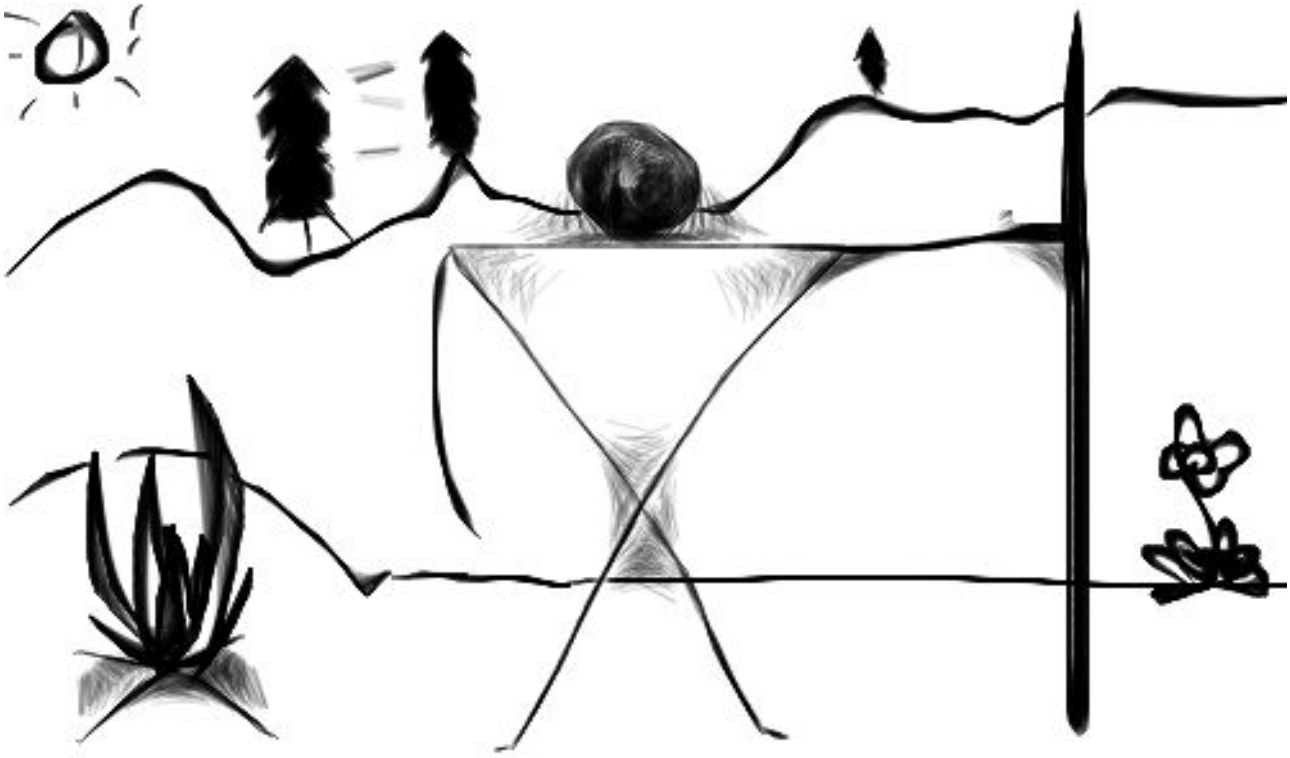

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